

# Mystical's Wisdom- Natural Remedies & Potions- Health



All work is done through love and light, protected and reflected. Only pure energy is allowed, anything not of love returns to its source magnified. My practice is guided and accountable to God. I operate with integrity and intention. So Above So Believe Amen!

# Mystickal's Natural-Wisdom



## Golden Shield Elixir

Ingredients- Just as Needed

✦ A Fresh Lemon or Lime squeezed ☯ Boosts immune system, supports heart health,

aids iron absorption, may prevent kidney stones, and rich in antioxidants that help neutralize harmful radicals.

✦ ACV-Apple Cider Vinegar with 'the mother if possible- ACV- Use raw

unfiltered ACV for maximum benefits, supports digestion, blood sugar control, provides probiotics, contains polyphenols which fight oxidative stress & protects cells

✦ Water (½ Cup) Dilutes acidity while maintaining potency and harmony

✦ Honey - 3-6 tablespoon or to taste- Use your preference- Antioxidant, antibacterial, energy boost, supports skin digestive health. Phenetic Compounds help remove free radicals and protect the body- use raw, unfiltered to retain enzymes and antioxidants

✦ 1-2 stick Cinnamon or to taste- Supports heart and Brain health, digestion, blood sugar regulation, skin health. Rich in antioxidants that combat oxidative stress and cell damage.

✦ 🦋 Bless and Mix together- Take a shot a day.

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