

Green Chili Milk

- fantastic drink to prevent a cold, strengthens your Immun System it is said that it can heal all issues with the Immune System
- Take one cup of milk, or milksubstitute
- chop 1/2 - 5 green chilies (freeze them then it's easier to cut)
- add them to the milk
- use a foodprocessor to mix until you see no green parts anymore - with cold milk it can be very creamy!!!
- drink with a straw
- one time a day
- start slow and increase the amount of chili every other day until you reach 5 whole chilies
- in the beginning you may feel burning sensation if you go to the toilet - this will stop after a few days when the body get used to the substances in the chili
- You can make this as a cure - 30-40 days !!