



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w) Holistic Health Care*

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## Gargle Recipe

8-10 oz. very warm water

1 ½ Tablespoons Bragg's Apple Cider Vinegar\*

¼ up to ½ tsp. of sea salt (Dr. Levy prefers Celtic Salt \*)

(optional) 10 drops Solutomic Silver\* or Colloidal Silver\*

***Stir well*** initially, and then every few sips thereafter.

Deeply gargle one sip at a time.

Brush your teeth to remove acid from the tooth enamel.

*\*Ingredients for this gargle are available at Natural Solutions*