

Hydroxychloroquine (HCQ) Quinine / Tonic Water

Quinine is very close to Hydroxychloroquine and is recommended as a drink to protect against any virus symptoms such as a cold or flu. Additionally, it will help treat any shedding from the jab. Quinine is a Tonic Water and can be made from citrus peels (rinds), especially grapefruits. Why all the media hype against it when it's been proven to work? Please do your own research—links at bottom for sources of this recipe.

USES

Quinine has many uses and applications. It is analgesic, anesthetic, antiarrhythmic, antibacterial, antimalarial, antimicrobial, antiparasitic, antipyretic, antiseptic, antispasmodic, antiviral, astringent, bactericide, cytotoxic, febrifuge, fungicide, insecticide, nervine, stomachic,

INGREDIENTS



Lemons: 3-4
Grapefruit: 2-3
Water

Peel fruit, put rinds only in pan & cover with water
Add enough water to cover 2"-3" above peels.



COOK & SIMMER

Cover with a lid, and do not open it again throughout the whole cooking process until it has cooled completely. This is so you won't let the Quinine escape in the steam. Simmer (gently cook over low heat) for 3 hours. Cool down for 2 hours. Strain to remove peels (rind).

STORE & USE

Store in glass container in the fridge or freeze in ice cube trays.
Use 1-5 tablespoon(s) per day either by itself or as a tea. Add honey or natural sugar to make sweeter. Don't use fake sugar. If you take zinc, it propels this into your cells much faster for healing.



You can also add star anise and fennel as an essential oil (contact Jamie Swingholm at 307-680-3534 for any Doterra essential oils information). **Another helpful TIP:** Pour the liquid HCQ into ice cube trays which will provide 1 TB servings.