

Cider Blaster:

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Suggested Use: Cloudy opaque appearance is normal for this formula. Shake well before use. Take one to four droppers full in 2 ounces water or juice 3 to 4 times daily. Or, take 4 to 10 droppers full as needed during a cold or flu. If taken within the first 24 hours of a cold or flu, it is possible to nip it in the bud. To do this, take one dropper full every hour on the hour for the first 24 hours then reduce dose afterwards.

What is a Dropperful? One dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up about halfway or a little more. That's a dropper full – even though it's not all the way full. If you count the drops, it's about 30 to 35 drops.

Benefits of This Formula:

- Helps fight many types of infections
- Natural blood thinning properties. Reduces platelet aggregation and protects against blood clots.
- Stimulates circulation to heart, brain, legs, feet and other areas of the body
- Increases mental alertness

Tomato Basil Cocktail

This will make a spicy savory "cocktail" that Helps disguise the taste of Cider Blaster



- 2 droppers **Cider Blaster Formula**
- 4 ounces **Tomato Juice** or **2 Roma Tomatoes**
- Juice of $\frac{1}{2}$ to **1 LIME**
- **Optional:** one to 3 leaves of **Fresh Basil**

Juice the tomatoes, lime and basil and add Cider Blaster.

- Thermogenic
- Natural blood sugar lowering ability
- Helps strengthen and increase elasticity of the walls of arteries

Adjusting the Taste – More Ideas!

Add a dose to a mug and then add any of the following to fill up your mug the rest of the way:

- Hot water and natural sweetener to taste such as stevia, monkfruit, honey or maple syrup. Taking it with hot water gets the formula against your throat more and can help with sore throat.
- Tomato juice, cucumber juice, cucumber-lemon, carrot juice, tomato juice combo, veggie juice combo or other juice.
- If cayenne bothers your stomach, add a few ounces of nondairy milk in as well (rice milk, hemp milk, cashew milk, oat milk, coconut milk, almond milk, etc.) Diluting the formula and adding the nondairy milk helps to reduce the burning sensation of the hot chili pepper.
- Taking this formula with food also helps.
- Some people use it as salad dressing.

Cautions:

1. Do not take this formula if you are currently taking aspirin or a prescription blood thinner. The herbs in this formula thin the blood. Getting a constipated colon working again 3 times per day help thin the blood. Making dietary changes, exercising, eating greens and drinking more water also thin the blood as well.
2. Do not take this formula if you are currently suffering from diarrhea or have a tendency towards colitis.
3. This formula contains garlic and hot chili pepper. Garlic can aggravate a stomach ulcer. Garlic and cayenne can aggravate gastritis.

More Below.....

Supplement Facts:

Serving size: 30 drops (1 dropper)
Servings Per Container: 78
Herb Strength Ratio: 1:1

Amount Per Serving	%Daily Value
Proprietary Extract:	.75ml*
Cayenne pepper, Ginger root, Garlic Bulb, Horseradish root, White Onion	

* Daily value not established

Other ingredients: Raw Organic Apple Cider Vinegar

Cautions: If pregnant, nursing, or have a medical condition, consult a qualified health professional before using.

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How Will I Know the Formula is Working?

Reduction of cold and flu symptoms. Less Coughing. Bowels activated. Less pain in sinuses, less congestion.

Cider Blaster Ingredients:

This formula is a powerful antiseptic herbal formula in an apple cider vinegar base. It can dramatically stimulate circulation and elimination and helps kill various types of infection, not simply respiratory infections. This formula has a base of organic apple cider vinegar which will make the formula look cloudy. It has NOT spoiled or gone bad. By definition, vinegar has already "gone bad". It has already fermented. So, it is impossible for this formula to "go bad." Vinegar is an amazing preservative, so this formula will be fine even twenty years from now. (The flavor will mellow over the years just like wine does). The ingredients are as follows:

Garlic – garlic is antibacterial, antiviral, antifungal, antiparasite, lipid-lowering, lowers high blood sugar, assists in lowering high blood pressure. Mild natural blood thinner

Cayenne (Hot Chili Pepper) – Cayenne is an expectorant, stimulates circulation, and stops bleeding. A powerful lung expectorant. Can start coughing up mucous in as little as 2 minutes after taking a strong cayenne tincture. Helps the other herbs get past calcifications, poor circulation (common in the elderly) and other blocks in the body. Heats up the body (thermogenic), a very important quality due to the fact that people often catch colds and flu when their body is too cold due to a hormonal slowdown. Also useful for poor circulation. Large doses of cayenne can help a kidney stone pass. Cayenne is a "facilitator" herb

that increases the effectiveness of the other herbs in the formula by increasing the circulation and driving the herbs deep into the hidden recesses of the body where they're needed most.

Ginger – stimulates circulation throughout the entire body, including all internal organs such as the kidneys, eyes, heart, etc. Reduces platelet aggregation (blood clots), mild natural blood thinner.

Horseradish – helps clear stuffed up sinuses which is often where the infection begins before it later spreads to the bronchi and lungs

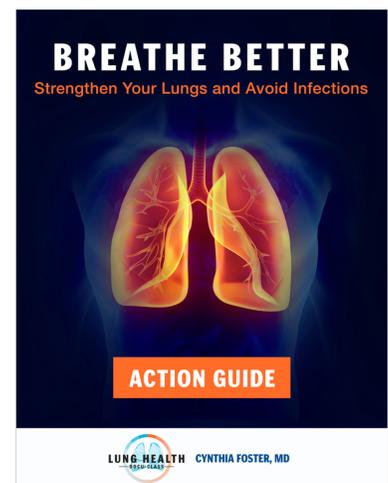
Contraindications: As garlic and ginger are mild blood thinners, do not use them if you are taking aspirin or any prescription blood thinning medications. As people who are in the hospital often are put on blood thinners, it's important to check the medication list if you are in the hospital and take an alternative formula to this on if you are on prescription blood thinners.



What Else Can I Do to Heal Infections?

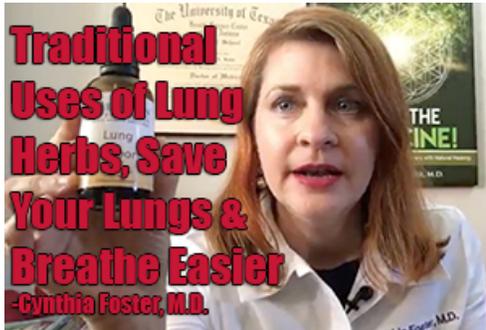
- **Echinacea Premium, Lung Support, Cold & Flu Formula:** you can combine Cider Blaster with any one of the following Dr. Foster's Essentials formulas to help relieve respiratory infections – upper and lower. Germ Shield with steam therapy is an invaluable aid to fighting respiratory infections – sinus and lungs.
- **Oregano Oil:** Use 40 drops Dr.Foster's Essentials Oregano Oil in 1 ounce olive oil. From that one ounce bottle of diluted oil, take 3 drops 3 times daily to help fight infections.
- **Take Care of Your Colon:** Do a colon cleanse ([Intestinal Rejuvenation Program](#)). Toxins in the small intestine and from being constipated can aggravate breathing problems. I've seen people with lung problems feel that a burden was lifted after doing a colon cleanse. Constipation reduces your body's ability to release metabolic waste and toxins from your body. The buildup of toxins can cause not just colon problems such as hemorrhoids and diverticulosis, but also problems elsewhere in the body.

- **Detox Your Liver:** A liver and/or gallbladder filled with bile sludge, heavy metals, pesticide residues, pharmaceutical medication residues and other toxins can also interfere with lung function.. Do a [colon](#) or [liver cleanse](#) every 3 months to help reduce the toxic burden in the body, which in turn, helps the lungs heal. Add Blood Detox Formula to your liver cleanse for the maximum benefits to your lungs.
- **Take Care of Your Diet:** Minimize or avoid trans-fats, fried foods, high fructose corn syrup, granulated sugar, iodized salt, enriched flour, white bread, white rice, pasteurized dairy products, canned foods and processed foods. Instead consume an organic whole foods diet with whole grains, salads, natural sweeteners, brown rice, quinoa, fresh juices, raw milk, raw butter, raw cream, raw cheese, free-range eggs. Some people will do really well on a vegan diet for around a year to help clear out excess cholesterol in the arteries. For more information and even more details on diet, please see [pH Balanced Diet](#).
- **Increase Your Intake of Greens** – it could be lettuce, parsley, zucchini, salsad greens. Or start juicing some fresh vegetables. A [juice fast](#) can be very helpful for the lungs and, generally speaking, can be done anywhere from 1 day to 1 month. The juice fast program I recommend is a [2- week long juice fast](#) to which you can add any cleanse (a colon cleanse, liver cleanse, kidney cleanse, parasite cleanse, stone cleanse, cholesterol buster's cleanse, etc.
- **Read Dr. Foster's Book Breathe Better:** Make sure to read Dr. Foster's Book written for NaturalHealth365 called "**Breathe Better Action Guide**" with many more natural healing strategies for the respiratory system, that includes herbal healing for the sinuses, lungs and bronchi.. If you haven't watched the Cardiovascular Docu-Class, I highly recommend it. I'm featured in Episodes 2 (Clearing Away Arterial Plaque), 3 (Reducing Blood Pressure Naturally), and 4 (Fixing Heartbeat Irregularities). [CLICK HERE](#) to get access to those episodes. Or the link below:

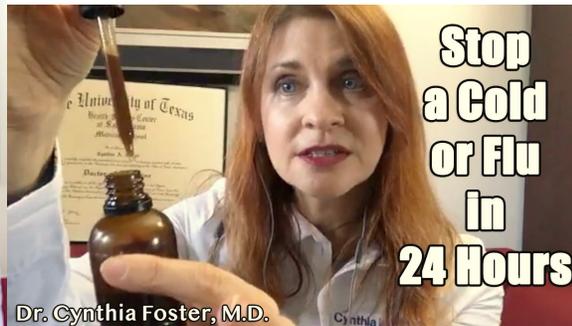


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Large Intestine Function is Connected to the Lungs. Toxicity in the Large Intestines Can Hurt the Lungs. This is Why Doing a Colon Cleanse Can Help Breathing Problems.” - Cynthia Foster, MD