

Make You Own Quinine To Fight Covid

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HYDROXYCHLOROCHINE (HCQ)

1. Rind (outside peel) of 2 to 3 Lemons
2. Rind (outside peel) of 2 to 3 Grapefruits

Take the peels only, place it in a cooking pot and cover it with three (3) inches of water above the peels. You can use a metal lid if that is all you have.

Place the pot on your cooking surface and simmer the peels for two (2) hours.

Do not take the lid off the pot until it completely cools down, approximately one (1) hour.

Take one (1) tablespoon every two (2) hours to bring up the phlegm from your lungs. You can add honey to sweeten.

After you feel better, discontinue.