



Bibleway Health Camp 2020

2nd to the 9th of August 2020



THESE NATURAL IMMUNE BOOSTER INGREDIENTS ARE FOR THOSE IN ASIAN REGION

9. Natural Immune System

Tea 1

250 grams of Mangosteen Skin
7 gram crushed lime seeds
30 grams lime skin
5 grams Ginger fresh or dried
700ml water

Instruction: Steep it in boiling water for 30 minutes.

Tea 2

3 stalks of lemon grass
1 head of garlic
5 cm fresh galangal
5 grams fresh turmeric root
15 grams Noni fruits fresh or dried (Mengkudu)
600ml Water

Instruction: Steep it in boiling water for 30 minutes.

Tea 3

300 grams Papaya leaves fresh or dried
200 grams Bitter gourd use whole fruit including seeds (Periah)
20 grams papaya seeds fresh or dried
3g Licorice root powder (optional)
1 L Water

Instruction: Steep it in boiling water for 30 minutes.

Tea 4

150 grams Jiaogulan (*Gynostemma pentaphyllum*),
20 grams Yin-qiao-jie-du-wan (*Forsythia suspensa*)
20 grams Sheng-mai-yin (*Panax ginseng*)
5 grams Gāncǎo suān (*glycyhrrza*)
1 L Water

Instruction: Steep it in boiling water for 45 minutes.

Tea 5

500 grams Banana Blossom (*Musa acuminata Colla*)
3 heads of garlic
50 grams of ginger
50 grams Turmeric
3 L water

Instruction: Steep it in boiling water for 45 minutes.

Tea 6

50 grams Brucea javanica. *Vernacular name: Gompoit/Garakat*
30 grams Morinda citrifolia. *Vernacular name: Bingkudu*
10 grams Phyllanthus niruri. *Vernacular name: Nipon Nipon*
2 L water

Instruction: Steep it in boiling water for 45 minutes.

Improving immune system and circulation with herb bath Herbs

500 grams lime tree leaves fresh
500 grams Papaya leaves fresh
500 grams Lemongrass fresh
500 grams ginger fresh
500 grams Areca catechu *Vernacular name: Pinang*
1 KG Imperata cylindrical (Root); *Vernacular name: Paka, Lalang grassroot*

Cut all material into small pieces; Areca Nut split into half – Boiled in 30 L water for one hour.

Put this tea concoction into the bath tub and add cool water to a level sufficient for a complete body submersion.

The effect – Immersion induces an acute cytokine response such as interleukin-6 (IL-6), as well as increase in the plasma concentrations of IL6 and the amount of total T lymphocytes (CD3), T helper cells (CD4), T suppressor cells (CD8), activated T and B lymphocytes.

Duration of bath: 30 – 45 minutes

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Register Now!

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