

MAKE YOUR OWN

Fire Cider

TRADITIONAL HERBAL REMEDY



A TRADITION NOT A TRADEMARK

Fire Cider is a blend of herbs mixed with apple cider vinegar and honey used for its health-enhancing properties. This basic formula and name was coined by herbalist Rosemary Gladstar in the 1970s. It has been taught, reproduced, adapted, used and sold freely by thousands of herbalists with her blessing.

Recently, this formula and name was taken by a company and trademarked. The original herbalists who named, made and sold Fire Cider are being told they can no longer do so.

Take action to free Fire Cider, join us in making your own. Visit FreeFireCider.com to see what else you can do to keep Fire Cider a tradition, not a trademark.

INGREDIENTS

1/2 cup ginger root	1/2 cup horseradish root
1 medium onion	10 cloves of garlic
2 cayenne peppers	1 lemon
1 orange	Several sprigs fresh rosemary
2 TB Fresh turmeric	Unpasteurized apple cider vinegar
1/4 cup raw local honey	

DIRECTIONS

Prepare all of the ingredients and place them into a quart sized jar. Cover all ingredients with apple cider vinegar. Use a piece of natural parchment paper or wax paper under the lid to keep the vinegar from touching the metal. Shake. After 3-4 weeks, use cheesecloth to strain. Then add 1/4 cup of honey and stir until incorporated. Taste your cider and add honey until you reach the desired sweetness.

**FREE
FIRE
CIDER**
FROM TRADEMARK
RESTRICTION

**TAKE ACTION AT
FREEFIRECIDER.COM**