

HVC

4 Tbsp. Honey

4 Tbsp. Apple Cider Vinegar

40 Drops Cayenne Tincture or
1 1/2 tsp. Cayenne Powder
(Cayenne can be adjusted to taste)

Water to Make 1 Qt



HVC is a wonderful way to get the incredible herb, Cayenne, into your system.

HVC should be used cold for bleeding, insect bites, shock, and blood clots. It can be used warm or cold for flu, increasing energy, relieving sore throat pain, and improving circulation.

Drink 1/2 to 2 cups as needed, up to 1 qt or more during a day.

****Note:** Warmth increases circulation—do not use HVC hot, or even warm, when trying to stop a hemorrhage or excessive bleeding of any kind.

Cayenne is the #1 stimulant herb. It is the purest and most powerful of all the medicinal herbs. The best description I have ever read of Cayenne is that it causes “the fires of life to burn more brightly.” Cayenne rebuilds (yes, rebuilds) vein structures, removes plaque from veins, and sends the blood rushing along carrying nutrients to every cell of the body.

Cayenne’s action on the cardiovascular system is almost instantaneous. Cayenne brings the blood, especially the clotting factors, into a state of homeostasis, making it effective for hemorrhage as well as poor circulation.

It will stop bleeding, even of hemorrhagic proportions, and is the first thing that I would reach for at the onset of a stroke or heart attack.

Taken as a cold or fever begins, Cayenne fights the infection while inducing a beneficial and bacteria-killing sweat. Cayenne is an excellent digestive and reproductive stimulant herb. In respiratory illnesses, Cayenne acts as an expectorant, thinning the mucus in the lungs and making it possible for the body to expel it.

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