



Colostrum Mouth Wash

Prep Time: 10 minutes

Ingredients:

1/2 cup of water

4 TBSP Colostrum*

4-6 drops 'Christmas' essential oil
(high quality--cinnamon + clove)

2 tsp grain alcohol

Instructions

Add water to blender and turn on then add Colostrum bit by bit. Add the essential oils until well blended. Pour the mixture into a mason jar. Leave on counter or and store in fridge for a longer shelf life.

To use:

It's easy! Rinse and spit

*Learn more at: <https://PaolaBrown.com/Colostrum-Gut-Health/>



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