

Homemade Fruit Enzymes (by Tina Engressia)

I believe enzymes are an important part of recovering from Morgellons.

You guys want to get some enzymes going? I tried to get the straight story on "garbage" enzymes, and as far as I can see it, they are generated during a process of fermentation.

I guess somewhere in the mix of micro-organisms, fruit & sugar; enzymes emerge.

Though exact info was hard to come by; I know for a fact that the end product is a phenomenal cleaner (this much I have seen in action with my own eyes, as a friend of mine makes this stuff).

If not convinced, a quick search around the net surely will present you with bloggers from all across the globe using this stuff for just about everything; from household cleaning ... to the garden!

STANDARD RECIPE

10 parts water

3 parts fruit

1 part brown *sugar

*(can be substituted with honey or molasses)

Once you have prepared it, the mixture has to ferment for 3 months.

I have found that adding a teaspoon of yeast speeds up the process to just 2 weeks.

So I went for the added yeast version and sure enough the stuff eventually bubbled away successfully in the back room.

NB I used black treacle (molasses) & raw honey in the various batches I have made using different fruits

The last batch I made I took pictures all the way through so I could post a super basic recipe with visual aid.

I don't think anyone can screw this up (the measurements do not have to be exact).

SEE NEXT PAGE FOR MY RECIPE!



INGREDIENTS

a jug of water (I used one that can hold up to 5 liters of fluid)

a pitcher

450 grams (or 2 cups) raw honey

1 grapefruit

1 orange

1 tangerine

1 lemon

1 lime

INSTRUCTIONS - PART 1

- place fruit in big bowl or sink
- add baking soda, vinegar & water
- weight with chopping board (or something similar) to keep the fruit down
- let it soak for approx. 2 hours
- rinse well



INSTRUCTIONS - PART 2

- get jug
- fill jug a little over half way up
- add 450 gram jar (or 2 cups) of raw honey
- slice fruit in half, squeeze juice into a pitcher (it is not used in my recipe, so you can dispose of it)



- remove peels from fruit
- turn peels skin down, slice thinly
- place peels in jug
- add 1 teaspoon of nutritional yeast
- close off jug, gently shake it
- place jug in a dark & dry place for 2 weeks

NOTES

Every couple of days you will want to shake the jug, so as to submerge the fruit - this is supposed to prevent formation of mold on top.

It is also imperative to loosen the cap, because you don't want the jug to explode (a byproduct of fermentation is gas generated by the yeast cells in your mix, so you will need to remember to "air" your mixture, without taking off the cap).

Alternatively you can put a balloon on it or a plastic bag secured with a rubber band around the opening.

You need it covered so you don't attract bugs and such - though you need room for expansion.

I once had a batch going where I used a wine bottle, baggie and rubber band.

I used glass, because this mixture was intended for oral consumption.

Some Asian ladies I know swear by this stuff as a healthful beverage and I tend to believe it, because it is similar to *Rechts Regulat* (which I took for 2 months with phenomenal results).

You should try this out for bathing and skin spraying - I have and it has helped me, and fellow sufferers get relief from it.

People have reported enzyme mixtures as being excellent for cleansing purposes (both internally & externally).

Enzyme cleaners can be applied in various ways: in the washer (cold though); as a body spray, household spray or even as a garden fertilizer.

Different dilutions, yield different results - the best way to find out what works for you, is to just try it.

Also, should you want to use this in your bath, you will want to use lukewarm water, as heat kills enzymes.

CONCLUSION

Homemade enzyme mixtures are inexpensive and simple to make.

You can clean most anything (including yourself) without having to resort to hazardous chemicals.

The fruit-and-honey version is considered safe for oral consumption, provided it is made correctly & hygienically (especially when ill, caution is advised - wash hands & consider using a face mask, bandana and/or gloves, and work in a ventilated space to minimize contamination).

SIDENOTES

- * at the end of the fermenting process it is advised to strain the liquid and dilute before use.
- * the “sludge” is rich in cultures and can be used as a starter for other fermenting projects (I have read that some dry out this “sludge” and use it as a fertilizer)
- * fruit is probably the better choice as many report vegetable scraps make a foul-smelling product
- * it seems to me that this process is first a fruit wine, beer or mead, as the yeast (either naturally present on peels, or added) digests the sugar content which turns to alcohol first, and then acetic acid (= vinegar) after further fermentation
- * apparently ants won't go near spots that are sprayed with enzyme cleaner