The flu shots are not the best for you. It does not make you not get a flu for the whole winter. My friend got a flu right after he got the flu shot. They put last years flu into your body so your body can deal with it but this years it is different. Your probably wondering "Then how do I not get sick?" Well if you don't want to be sick then don't think about getting sick. That's one of the things. Another thing is that you can drink a shot of this everyday. So can a little container.

Squeeze some lemon. Put enough honey so it tastes ok. Then put some hot pepper sauce if your already sick if your not then take 2 shots a day of lemon and honey. You could also put a little of water. That's it for today!