

“HOW TO TAKE COD LIVER OIL” - “SKIN VITALITY DRINK”

By Dale Alexander

Follow this set of instructions carefully.

1. To achieve the best results, take your Cod Liver Oil Mini-Milkshake one hour before breakfast. If more convenient, you may drink the mixture just before bedtime. - at least 4 hours after your evening meal (or last food).
2. To mix and emulsify the Cod Liver Oil with whole milk is a simple procedure. Pour 2 ounces off whole milk into a screw-top jar. The jar should be large enough to hold 4-5 ounces of liquid.
3. Add 1 tablespoon of Cod Liver Oil, preferably from the cold waters of the North Sea.
4. Shake vigorously for about 15 seconds. The Cod Liver Oil Mini-Milkshake will then become foamy.
5. Drink the mixture immediately.
6. Do not take any after this oil mixture for at least 1 hour.
7. If you are allergic to milk, or do not prefer it, you may use 2 ounces of fresh strained orange juice. However, I must tell you that COD LIVER OIL is much more effective and works faster when it's mixed with milk.
8. It is important to use a four to five ounce screw-top jar. If you use a larger jar, more of the oil will be left clinging to the inside surface of the jar, and your body will receive a lesser amount.
9. Do not mix the Cod Liver Oil in lemon or grapefruit juice. These juices are too caustic. Whole milk, or fresh strained orange juice are the only kinds of liquid that are effective.
10. Avoid the use of concentrated frozen or canned orange juice. It should be fresh and put through a strainer.
11. Cod Liver Oil capsules are not to be substituted. The content of capsules is quickly captured by the liver, since gelatin promotes digestion, and the skin linings are denied proper lubrication.
12. After a while, you can start to taper down on the use of the Mini-Milkshake. After you see that the dryness of your hair or scalp has been corrected, or when a normal supply of wax returns to your ears, then you can begin to ease up on your Cod Liver Oil intake.
13. Do not stop taking the Cod Liver Oil suddenly. At first, consume the mixture every other morning, instead of daily. Continue to follow this plan for approximately six months. Then, the use of the oil can taper off to once a week.

Note: If you have a troublesome gall bladder, or have had it removed, use only a teaspoon of Cod Liver Oil in the mixture and take it on alternate days.

Other people who should deviate from the above rules are those suffering from ailments like high blood pressure, heart disease and diabetes. These individuals may not assimilate oils very quickly. They should take the mixture every other night, or just twice a week.

Those with eczema, psoriasis, dermatitis, any type of ulcer, or skin irritation owing to nerve involvement, should use only whole milk to mix with their Cod Liver Oil. Anyone with ailments mentioned above is often allergic to the citric acid and fruit sugar of the orange.