

HEALTH ORIENTATION ACTIVITY FOUNDATION CORP 2020

TO ALL MEMBERS

First of all HOA Foundation Corp would hope to find all of its members in the best of health and spirit.

Second HOA Foundation Corp would inform you that:

This year it has planned to hold the 8th Anniversary event on AUGUST 09th 2020. But because of COVID 19, the event will be canceled. However, after the situation became normal, then HOA Foundation Corp will consider planning the event again on another day. At that time you will be informed.

By the way, HOA Foundation would like to share with its members a Vietnamese Traditional recipe to assist your health whenever you drink it.

This drink doesn't cure the coronavirus. But it has an awesome taste which everyone including kids will like it and you may find for your own some good benefits to enhance your health if you use it as your daily drink.

THE RECIPE INGREDIENTS ARE:

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| 1. Lemongrass | 160 grams (soak in light salt water 5min then clean) |
| 2. Organic Limes (Green color skin) | 120 grams (Same) |
| 3. Organic ginger | 80 grams (Same) |
| 4. Sea salt (fried until yellow) | 4 to 8 grams (Persons with kidney illness do not use salt) |
| 5. Distilled water | 2 liters. |
| 6. Organic Honey | See Instruction Below |

PREPARATION: TO BOIL ON THE STOVE. (Follow the steps)

1. Cut LEMONGRASS from base 6 inches long. Peel off the exterior layers up to the clean inner layer, crush the clean inner layers and cut the stem into 2-inch pieces, which is 3 pieces per stem.
2. Two organic limes (green color skin), cut each in thin slices leaving the skin on
3. Organic Ginger, cut thin slices leaving the skin on.
4. Sea salt to be added last.
5. Boil 2 liters of distilled water in a pot. First, put LEMONGRASS in and wait 10 minutes. Then add GINGER for another 10 minutes and finally add the LIME also the SEA SALT for 10 more minutes making 30 minutes in total of boiling. (Keep the pot always covered with a lid).
6. Turn off the stove and wait for 10 minutes. Then take out 1 cup of the remedy and add the organic honey and drink it warm.
7. Remove the remaining 2 cups from the pot and save them in the fridge for drinking a lot later. Reheat each cup before drinking and adding honey. This will bring the total to 3 cups each day.

With the solids remaining in the pot you can add water and boil to drink it as regular water/tea during the day.

ALTERNATE BLENDER PREPARATION:

Using the same ingredients put them together into a blender to create a paste. Transfer this paste into a glass bowl and cover it with aluminum foil. Put this glass bowl inside a pot with water and boil the water with the bowl in it for 30 minutes. Once the paste cools down transfer it to a glass jar and keep it refrigerated. Use 2 teaspoons of this paste to prepare a hot drink with boiling water, 3 times a day. Place the 2 teaspoons in a cup of boiled distilled water and add honey to drink it.