



## The Morning Lemon Elixir

Make this first thing in the morning before eating. Try to use real ingredients (if possible) instead of processed counterparts.

### **Ingredients:**

- 1 cup room temperature water
- Juice 1 lemon
- 1 teaspoon Bragg's raw apple cider vinegar
- 1 teaspoon raw honey
- 1/2 inch of fresh ginger root or 1/4 teaspoon ground ginger

### **Add a few dashes of Cayenne Pepper if you want to loose weight**

(Use stevia if you are on yeast cleansing or low sugar diet)

**Tumeric:** Can be added if you would like to have more anti-inflammatory or antioxidant properties.

### **Awesome Effects of Morning Lemon Elixir!**

If you start your day with the Morning Lemon Elixir your body will respond by increasing your digestive enzymes and stimulate digestion.

Your liver will release toxins. It will flush away fat. (Awesome!!)

And you will get a healthy dose of vitamin C, potassium and minerals.

It also controls your weight.

Your blood sugar will begin to regulate.

Your body will shift it's pH to become more alkaline.

Acidity usually comes with inflammation.

After doing this for a few days, you will start to notice a massive increase in the amount of phlegm released.

If bloating was a symptom, this should decrease it and allow your stomach to break down your food.

There are so many awesome ways that you can use food to support your body's natural functions. I know "detox" seems to be a buzz word lately but I'm telling you that you need to if you want to improve your health! You can add on awesome products that amplify and enhance the benefits of detoxing.

**All supplements should have certificate of analysis which means they are a 3<sup>rd</sup> party lab tested.**

