

## Alkaline Diet Recipe: Lemon Ginger Detox Shot



In my last post, I shared [18 ways to reboot your health and wellness in 2018](#).

And I make one thing very clear – you don't need to go on a depriving, all-juice diet for days to give yourself a jumpstart. In fact, there are a lot of better ways to do it that don't feel like deprivation at all.

One of those is adding freshly squeezed juices into your daily diet. And I can think of no better way to start than with this easy, fresh, and delicious juice.

It's got naturally detoxifying ginger, and acid-kicking lemon and apple cider vinegar, and together, they pack a potent punch.

Even if you did nothing else but add in a shot of this every day for a week, you would aid your body's natural detoxification system and be well on your way to the reboot you need right about now.

Give it a try and let me know what you think over on [Facebook](#).

### Lemon Ginger Detox Shot

Serves 1

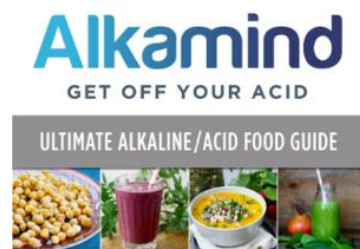
#### INGREDIENTS

1 lemon  
1 inch piece of ginger  
1 tsp. apple cider vinegar



#### DIRECTIONS

Juice ginger and lemon, add to apple cider vinegar, and shoot!



For more on which foods to avoid and which to eat more of (like the ingredients in delicious green juices), get your copy of [The Ultimate Alkaline/Acid Food Chart](#) now for easy, clear information about hundreds of foods!