

DAILY AM GUT REJUVENATOR

INGREDIENTS (Full Recipe)

- 32 ounces pure water
- 1 lemon, juice of
- 2 drops peppermint* essential oil
- 2 drops lemon essential oil

INGREDIENTS (Half Recipe)

- 8-16 ounces water
- 1/2 lemon, juice of
- 1 drop peppermint* essential oil
- 1 drop lemon essential oil

Directions:

Sip this to wake up your digestive tract before you start to feed it.

Variations:

Option 1: Add a pinch of cayenne.

Option 2 (amounts for full recipe): Add 1-inch piece of ginger, 1-inch piece of turmeric, and 1/4 teaspoon cayenne. Blend and strain. This is powerful. You may need to dilute it or spread it across a few days at first.

***Caution:** Mint-flavored products should be avoided if you have acid reflux or GERD.