

# 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.