

LEMON WATER

The Morning Cleanser

Begin your day with a cup of warm filtered water with 1/2 a lemon juiced into it.



You can also substitute 1/2 tsp of raw apple cider vinegar.

This restores the acidic balance in your body, and is a very cleansing and purifying way to start your day.

Lemon juice flushes out impurities and excess mucus, cleanses the liver, and acts as a natural appetite suppressant.

Wait 15 to 20 minutes before consuming other beverages or foods, so the lemon has a chance to do its magic.