

Lemon Elixir

This natural detoxifier stimulates digestion, releases toxins from your liver and jumpstarts your digestive enzymes.

- 2 cups warm or room-temperature water
- Juice from 1 lemon
- 1 tablespoon Bragg's raw apple cider vinegar
- Pinch of cinnamon
- 1 teaspoon raw honey or a couple drops of stevia

Combine the ingredients, stir and enjoy as your first drink of the day.