



Digestive elixir

1 cup of Apple Cider Vinegar
1 cup of freshly squeezed lemon juice
add ginger root to your taste

Blend in a high-powered blender and store in the fridge in a glass bottle. (store up to 4 wks)

Take 1 tbsp of this concentrate in a large glass of water each morning.
Choose an organic vinegar containing 'the mother' if you can.
If ginger isn't to your taste, just leave it out.

Pro Tip - this blend also makes great ice cubes -
pop into your water each morning!

Being Well
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LOVE YOUR MORNING COFFEE?

LOVE YOUR *LIVER* TOO, BY
DRINKING THIS TO START YOUR DAY.



Julia Smith

hello@beingwellcoaching.com
beingwellcoaching.com/bookings

@beingwell.with.julia 