

Lifestyle Quixotica Rejuvenation Cocktail



1 tablespoon Raw Apple Cider Vinegar
Juice from ¼ fresh lemon wedge squeezed
16 ounces of purified water

WHY:

- Fresh lemon juice promotes thinner bile, which aids in the breakdown of FAT
- Fresh lemon juice promotes an alkaline environment and enhances enzyme activity in the intestines and liver for optimum digestion.
- Raw apple cider vinegar optimizes body PH. The more alkaline balance you can achieve, the more oxygen your blood carries and the stronger your metabolism and lymphatic system.
- Research shows that consuming Raw Apple Cider Vinegar improves blood sugar in those with diabetes.
- This unique cocktail targets the critical phases of whole body detoxification to include, Digestion, Liver and Kidney Elimination and cleansing.

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