

Lemon Cleanse for Healthy Living

Lemon Cleanse

Great for Liver support and to reduce acidity in the body. Use fresh squeezed lemon and drink a glass morning and evening in cooled boiled water. You can drink as much as you like during the day. The mineral content and cleansing properties are very beneficial.

#1 (single serving):

- 2 Tablespoons of organic lemon Juice (about 1/2 a Lemon)
- 2 Tablespoons of Organic maple syrup
- 1/10 Teaspoon Cayenne pepper powder-optional
- 1/4 Teaspoon ground ginger- optional
- Ten ounces of filtered water

#2 (60 oz. daily serving):

- 60 ounces of filtered water
- 12 Tablespoons of organic grade B maple syrup
- 12 Tablespoons of organic lemon juice
- 1/2 Teaspoon cayenne pepper powder-optional
- 1 Teaspoon ground ginger-optional

