

Thrive Kitchen

Apple Cider Vinegar Healing Drink



Ingredients

6-8 oz. of warm filtered water (not microwaved)
½ – 1 T. Bragg's Apple Cider Vinegar (ACV)
½ T. of Raw honey (local is even better)
1 tsp. coconut oil
½ tsp. organic turmeric powder
½ tsp. organic nutmeg
½ tsp. organic cinnamon
1/8 tsp. Himalayan salt
Sprinkle cayenne pepper



This healing recipe has so much to offer!

An apple a day keeps the doctor away. Who hasn't heard this wise advice? Apples are high in fiber and pectin making them a perfect detoxifying food. They are rich in vitamins A, B1, B2, B3, B5, B6, B9 and C. Apples also contain potassium which helps balance cholesterol and lower LDL. The malic acid in sour apples stimulates fat metabolism and liver detoxification. And a quality apple cider vinegar contains these benefits plus much more!

Raw Honey has many health-promoting qualities. It contains natural antioxidants, enzymes, amino acids, vitamins, and minerals. Raw unprocessed honey contains calcium, iron, zinc, potassium, phosphorous, magnesium, copper, chromium, manganese and selenium. (The trace mineral selenium is necessary for the proper support of immune system health).

Client Testimonial:

I just wanted to let you know that the night-time tonic works wonders! Before I started drinking it, I used to take melatonin just so I could fall asleep every night. Since I've been drinking the tonic, I haven't had to use melatonin at all. The taste of the drink is a little different, but it has helped me to fall asleep and stay asleep! So I'll definitely keep drinking it. I really appreciate all your help.

P.H.