



GINGER, HONEY AND LIME APPETIZER:

Ingredients:

- 1 slice of fresh ginger
- ¼ Fresh lime
- Dapple of honey
- Pinch of salt (mineral or sea)

Instructions:

1. Cut a thin slice of the ginger root. This should be about 1/2 the thickness of a quarter (unless you prefer it to be thicker). Remember that fresh ginger is fairly spicy, so you may need a pretty thin slice to begin!
2. Add a drop of honey onto the ginger slice. This should cover most of the ginger.
3. Squeeze the fresh lime juice on top of this and add a pinch of salt.
4. Take this 15-30 minutes before each meal to increase digestion, promote absorption and reduce gas, bloating and abdominal cramping. Works best if taken consistently for chronic issues!

Health Benefits:

- Increases the digestive fire
- Reduces indigestion symptoms such as gas, bloating and cramping after food
- Burns toxins; detoxifies the body
- Increases the metabolism
- Increases circulation
- Awakens the mind
- Reduces inflammation in the body