



## PITTA-REDUCING TONIC

Vata ↓↑, Pitta ↓, Kapha ↓↑

**Makes:** 12 ounces

**Prep time:** 5 minutes

### INGREDIENTS

- 12 ounces water
- 1/8 teaspoon turmeric powder
- 1/8 teaspoon cardamom powder
- Juice of a 1/2 lime
- 1 tablespoon aloe juice
- 2 to 3 teaspoons maple syrup
- 1/8 teaspoon baking soda

### DIRECTIONS

1. Heat 12 ounces of water to just below a boil.
2. Add in the turmeric, cardamom, fresh lime juice, aloe juice, and maple syrup.
3. Stir well until the ingredients have been thoroughly blended.
4. Pour the drink into a mug and then mix in the baking soda directly before drinking. This will create a lovely effervescent touch and provide a cleansing, alkalizing effect.
5. Enjoy this tonic first thing each morning on an empty stomach to increase energy, promote hydration, reduce heat, alkalize the body, stimulate and flush the liver, promote morning elimination, and detoxify the system.