



KAPHA-BALANCING TONIC

Vata↓, Pitta↑, Kapha↓

Makes: 12 ounces

Prep time: 5 minutes

INGREDIENTS

- 12 ounces water
- 1/2 lemon, juiced
- 1/2 teaspoon apple cider vinegar
- 1/4 to 1/2 teaspoon ginger powder
- 1/8 teaspoon freshly ground black pepper
- 2 teaspoons honey

DIRECTIONS

1. Heat 12 ounces of water to just below a boil.
2. Add in the fresh lemon juice, apple cider vinegar, ginger powder, and black pepper.
3. Stir well until all of the ingredients are thoroughly blended.
4. Pour the drink into a mug and allow it to cool slightly. Once the tonic is at a drinkable temperature, stir in the honey.
5. Enjoy this drink first thing each morning on an empty stomach to awaken the energy, boost the digestive fire, stimulate the metabolism, aid in elimination, remove congestion, and gently flush out the system.

Health Tip: Boost the Kapha-reducing qualities of this drink by drinking it three times daily, 30 minutes before each meal. This is especially recommended during times of more severe symptoms of sickness, weight issues, sluggish digestion, and slow metabolism.