

Warm Water, Lemon and Apple Cider Vinegar Health-ade



That's right, we're once again employing the health properties of our friend apple cider vinegar — it's just that good! This time it's a simple concoction you can make in seconds if you have the ingredients ready; all you need is some warm or room temperature filtered or mineral water, raw organic apple cider vinegar and half an organic lemon. Simple as that.

Drinking this each morning, as soon as you wake up and before you put anything else in your stomach, is an excellent way to start your day. It stimulates digestion, expels toxins from the liver and supports your digestive enzymes for a busy day ahead.

Once again, the ingredient requirements are strict: your water should preferably be spring water from glass bottles, but if this isn't available then filtered water will do. This ensures the base for your tonic isn't introducing new toxins into your body as you drink it — that would be a bit counterproductive. Next, as above, your apple cider vinegar should be raw, organic and unfiltered. When apple cider vinegar is filtered, the health-giving SCOBY or “mother” (an accumulation of beneficial bacteria and yeast that turns the apples into vinegar) is removed, and we definitely don't want that.

Finally, the lemon should be organic, to ensure its skin isn't riddled with nasty pesticides and other harmful chemicals.

Fill a glass with warm water, squeeze in half a lemon, and pour in a rough teaspoon of apple cider vinegar. Sip it slowly and let it work its magic!

These health tonics work best if you keep at it — make sure you drink them as directed for at least a week to begin experiencing the myriad of health benefits they offer.