

Apple Cider Vinegar Cocktail

HERE'S THE RECIPE

1 Tbl or tsp Apple Cider Vinegar

1 tsp Honey/Agave/Dark Brown Sugar
(To taste...or not)

½ or whole Lemon or Lime Squeezed

1 chunk Fresh Ginger peeled/sliced

If you have cold symptoms add a dash of
Cayenne

>> Preparation <<

Boil 1.5 cups of filtered water

Put Ginger in to simmer for 3-5 minutes
(till you smell the spice in the air)

While simmering...

Put all other ingredients in a mug.

Pour cooled down Ginger water over the
ingredients and enjoy!

IT'S A HEALTHY HABIT

Some benefits of Apple Cider Vinegar are:

- ◆ **Rich in potassium**, a mineral that is often times lacking in adult diets. **This mineral is key** for growth, building muscles, transmission of nerve im-pulses, heart activity etc. It also helps to prevent brittle teeth, hair loss and runny noses.
- ◆ Rich in acetic acid. This acid is said to slow the di-gestion of starch which can help to **lower the rise in glucose that commonly occurs after meals.**
- ◆ Rich in ash which gives apple cider vinegar its alkaline property. This aids your body in main-taining proper pH levels for a healthy alkaline state. **(It is particularly important if you drink a lot of coffee or wine.)**
- ◆ It can help regulate blood pressure and re-duce bad cholesterol.
- ◆ **Rich in malic acid** which gives ACV its **anti-viral, anti-bacterial and anti-fungal** properties.
- ◆ May help improve **bowel irregularity** and helps to **remove toxins** from the body at a faster rate.
- ◆ It can help **clear up skin** conditions and blem-ishes.
- ◆ ACV helps with **weight loss by breaking down fats** so that your body can use them ra-ther than store them.



Savor a delicious alkalizing, digestive invigorating
cup of Yosef's morning ACV cocktail