

Master Cleanse

20 – 28 oz pure water, room temperature to warm, not hot or cold

1 fresh lemon fresh squeezed

2 T organic maple syrup*

Small pinch (1/5 teasp.) of cayenne pepper (gradually increase, more is better but build up to hotter)

Mix all ingredients together and drink throughout the day.

We suggest this for congestion in the sinuses or lungs especially: the cayenne breaks up congestion throughout the body and the lemon flushes it out.

It is also used as a 7 – 14 day cleanse by drinking as much of this as you like with no food intake.

*Can substitute Stevia. Some people use Agave or honey or molasses.

Another Kidney flush...

The Switzel or Swichel (different spellings - this is a great kidney flush in itself and also a thirst quenching drink in the summer)

4 cups water

1/4 cup apple cider vinegar (use a natural organic one)

Sweeten to taste with honey (approx. 1/4 C)

Mix it up well and sip on it all day. This will taste like a strong lemonade.