

Lemon Tonic

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Lemon (juiced, ~1 Tbsp)
6 fl ozs Water (warm, not hot)

DIRECTIONS

01 At the start of your day: Add lemon juice to a warm glass of water and enjoy.

NOTES

POWERFUL TONIC

Just a few drops of lemon in water at the beginning of the day will stimulate the liver to flush bile to the gall bladder, along with toxins that it has cleaned up while you rested.

BUILD UP TO IT

You may want to start with just a teaspoon of lemon juice in water for the first couple mornings and see how you feel – nausea and headache could mean that it's too much too soon. Work up to a tablespoon.

SAVE TIME

Juice a number of lemons at one time and pour into silicone ice cube tray (they usually hold roughly a tablespoon) and freeze.

TAKE IT UP A NOTCH

This is a great opportunity to pack some punch. Try adding powdered vitamin C or adaptogens like pine pollen or maca root.

FLAVOUR IT UP

Adding some freshly grated ginger (boost your immune system) or mint can jazz up your morning.