



*Eat Well
Feel Well
Live Well*

Ginger and turmeric provide anti-inflammatory compounds. Cinnamon may help support healthy glucose metabolism. Lemon provides vitamin C. The drink is naturally low in calories and caffeine-free.

Viral “Natural Mounjaro Drink”

A REFRESHING, NATURAL BOOST FOR YOUR WELLNESS ROUTINE

INGREDIENTS:

-  1 cup warm water
-  1 tablespoon apple cider vinegar (with mother)
-  Juice of 1/2 lemon
-  1/2 teaspoon grated ginger
-  1/4 teaspoon cinnamon
-  1/4 teaspoon turmeric
-  Pinch of black pepper
-  1 teaspoon honey (optional)

INSTRUCTIONS:

-  1 Warm the water (do not boil).
-  2 Add the apple cider vinegar.
-  3 Stir in lemon juice and grated ginger.
-  4 Add honey and cinnamon if desired.
-  5 Mix thoroughly and drink fresh, preferably before breakfast.

POTENTIAL BENEFITS:



Digestive Support:

Ginger and lemon are commonly used to support digestion and may help reduce bloating in some people.



Appetite Awareness:

Some people report feeling fuller and experiencing fewer cravings when drinking a lemon-vinegar beverage before meals, though effects vary widely.



Blood Sugar Support:

Apple cider vinegar may help modestly improve post-meal blood sugar responses in some individuals.



Antioxidants:

Lemon, ginger, cinnamon, and honey contain antioxidants that contribute to overall wellness.



Look for more herbal recipes and remedies on my website!

