

## Detox Teas

Drink the apple cider vinegar mix before drinking your smoothies. Drink the mixture 2-3 times a day. You can drink warm or cold or drink as a hot tea.

### Apple Cider Vinegar Mix

4 Tbsp Bragg Apple Cider Vinegar (ACV) (With the mother. The brown residue at the bottle.)  
1 Bottle of Water (500 mL) (Distilled Water is Great)  
1 Lemon or 4 Tbsp Lemon Juice  
1 pinch of Cayenne Pepper for fat burning and more energy  
1 Stevia

Add all ingredients in a glass, stir and add stevia.

### Apple Cider Vinegar Berry Mix

4 Tbsp Bragg Apple Cider Vinegar (ACV) (With the mother. The brown residue at the bottle.)  
1 Cup Frozen Mixed Berries  
1 Bottle of Water (500 mL) (Distilled Water is Great)  
1 Lemon or 4 Tbsp Lemon Juice  
2 Stevia

Add all ingredients in a glass, stir and add stevia.

### Day 1-14

#### Ginger Tea I

1 Cup Water  
½ Knob of Ginger Root (Skin and Grated) or 1 Tbsp Ginger Grounded  
½ Lemon  
1 Stevia

Prep: ½ knob ginger skinned. Add 1cup of water to a blender and add the skinned ginger. Strain the ginger to obtain the liquid portion. Discard the left over residue of the ginger. If you are using grounded ginger add 1Tbsp. You may grate the ginger if you have a grater and place the grated ginger in hot water along with the tea bag. Pour the ginger mixture in a cup and add hot water. Steep the tea by covering the cup for 2 minutes. Add stevia for sweetness. Drink and feel the warmth and sensation of the smooth tea as you drink.

Day 1 -14  
Ginger Tea II

1 Bag Detox Tea (For a stronger tea add an addition bag)  
½ Knob of Ginger Root (Skin and placed in blender if you have a Nutribullet) or 1 Tbsp Ginger Grounded  
½ Lemon

Prep: ½ knob ginger skinned. Add 1cup of water to a blender and add the skinned ginger. Strain the ginger to obtain the liquid portion. Discard the left over residue of the ginger. If you are using grounded ginger add 1Tbsp. Grate the ginger if you have a grater and place the grated ginger in hot water along with the tea bag. Pour the ginger mixture in a cup and add the tea bag and heat as desired. Steep the tea by covering the cup for 2 minutes. Add stevia for sweetness. Drink and feel the warmth and sensation of the smooth tea as you drink.

Day 1-14  
Orange Lemon Tea

1 Cup Water  
1 Orange  
½ Lemon or ¼ Cup Lemon Juice  
1 tsp Cinnamon  
1 Stevia

Remove seeds from the orange and lemon and squeeze into a cup of water. Add cinnamon and heat for 3 minutes. Let it steep and add stevia. Add another stevia for desired taste.

Day 1-14  
Blueberry Tea

1-2 Cups Water  
1 Cup  
Frozen Blueberries  
1 Lemon or ¼ Cup Lemon Juice  
1 Stevia

Puree frozen blueberries in blender with water. Pour in the into a cup of water with squeezed lemon and heat for 3 minutes or drink cold. If drinking hot let it steep for 2 minutes. If drinking cold leave in the refrigerator for 25 minutes. Add ice if drinking cold. Add stevia. Add another stevia for desired taste.

Day 1-14  
Green Turmeric Tea

1 Cup Water  
1 Bag Green Tea (Decaffeinated)  
½ Lemon or 2 Tbsp Lemon Juice  
1tsp turmeric (Grounded)  
½ Knob of Ginger Root (Skin and placed in blender if you have a Nutribullet) or 1 Tbsp Ginger Grounded  
1 Stevia

Prep: ½ knob ginger skinned. Strain the ginger to obtain the liquid portion. Add 1cup of water to a blender and add the skinned ginger. Discard the left over residue of the ginger. If you are using grounded ginger add 1Tbsp. You may grate the ginger if you have a grater and place the grated ginger in hot water along with the tea bag. Pour the ginger mixture in a cup and add the tea bag, turmeric, lemon or lemon juice and heat as desired. Steep the tea by covering the cup for 2 minutes. Add stevia for sweetness. Drink and feel the warmth and sensation of the smooth tea as you drink.

Day 1-14  
Cranberry Orange Tea

2 Cups Water  
1 Cup Cranberries  
½ Orange  
1 tsp Cinnamon  
1 Stevia

Blend cranberries and water in blender. Removed seeds and squeezed the orange in mixture. Add cinnamon and stevia. Heat for three minutes and steep for 1 ½ minutes. For cold tea place in the refrigerator for 25 minutes or overnight.