

# Cranberry Drink

This mixture should be taken three times per day (three 8 oz glasses):

1.) First thing in the morning 2.) Before lunch 3.) Before dinner

Ingredients:

- Spring water – 6 oz
- Organic Unsweetened cranberry juice – 2 oz
- Organic Lemon juice – 1/3rd of a fresh lemon
- Organic Apple Cider Vinegar – ½ to 1 tsp
- OPTIONAL – 2 TBS fiber

It is recommended that you mix the entire combination together in a container the night before and place it in the refrigerator. If you absolutely cannot stand this drink mixture, don't force yourself to drink it. Some bodies just can't tolerate the vinegar; so, there is **some** flexibility in drinking the mixture without the vinegar.

## Purpose of the Ingredients:

### Organic Unsweetened Cranberry Juice

- Helps support normal kidney, bladder, and urinary tract functions – the body's filtration system.
- Very high in potassium and low in sodium

### Lemon Juice

- Supports normal immune function

### Apple Cider Vinegar

- Balances the pH of the body
- Eliminates waste acids
- Provides potassium
- Fortifies the friendly bacteria in your intestines
- Reduces water retention