

Apple Cleansing Diet Weight Loss

Ingredients

- 1 glass of water (12-16 oz.)
- 2 Tbsp. Bragg – Apple Cider Vinegar
- 2 Tbsp. lemon juice
- 1 tsp. cinnamon
- 1 dash cayenne pepper (optional)
- 1 packet White Stevia Powder

Directions

1. Blend all ingredients together

Secret Recipe Detox Drink will help your body burn fat, lose weight, fight diabetes.



Apple Cider Vinegar is full of enzymes and good bacteria. It contains acetic acid which has been shown to lower blood pressure up to 6%. It can also help eat up the starches if you do eat grains in

your diet. *(I use Bragg – Apple Cider Vinegar)*

Lemon juice helps balance blood sugar and has an alkaline effect on your body helping to regulate ph. It contains, Vitamin C. *(I use Lakewood Organic PURE Lemon Juice)*

Cinnamon is one of the best anti-oxidants on the planet. It is the number one herb/spice for balancing blood sugar.

Cayenne Pepper has been shown to drop blood pressure, increase metabolism.

Stevia is an all natural sweetener made from the stevia plant and it is a great replacement for any artificial sweeteners. *(I use NuNaturals – White Stevia Powder)*

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