

Lindsay Lives Well

DAILY TONICS

Morning Tonic

{serves 1}

My favorite way to start the day! This tonic is wonderful for your digestive system as well as the liver, your body's main organ for detoxification. The ginger preps your gut for absorbing nutrients and the cayenne helps boost metabolism and circulation. For best results, drink upon rising. Note: You don't need to eat the ginger.

- 1 cup filtered water
- 1-inch fresh ginger root, thinly sliced
- ½ lemon, juiced
- dash of cayenne pepper

1. Bring water to a boil. Add sliced ginger and lemon juice to a mug.
2. Pour hot water into mug and steep for 5 minutes.
3. Add a dash of cayenne pepper.

Afternoon Detox Drink

{serves 1}

This detox drink is a great pick-me-up in the afternoon and kills sugar cravings. The lemon juice is high in vitamin C and helps aid immunity and digestion. The liquid chlorophyll promotes detoxification and is a potent anti-oxidant; it's super energizing!

- 8 – 12 oz. filtered water
- 1 tablespoon liquid chlorophyll
- 1 tablespoon cranberry juice concentrate
- ½ lemon, juiced

1. Combine liquid chlorophyll, cranberry juice concentrate, and lemon juice in a tall glass.
2. Top with ice and fill the rest of the glass with water.

Spiced Coconut Milk

{serves 1}

This is the perfect little treat for the end of the day. The combination of coconut milk and warming digestive spices balances blood sugar and stabilizes metabolism. You can also try adding a tablespoon of almond butter and mix in a blender or Magic Bullet. The added fat will help keep blood sugar levels stable while you're settling down for the evening.

- 1 cup unsweetened coconut milk
- ¼ teaspoon cinnamon
- a pinch of ground ginger
- a pinch of cayenne pepper
- 2 – 3 drops liquid stevia (optional)

1. Combine all ingredients in a small pan. Heat on the stove over medium heat until warm.
2. Pour into a mug and enjoy.