



Ginger Elixir

Ginger elixir is a great way to fire up the digestive system. Consider the ginger elixir your “jump start” for a sluggish digestive system. Drink one ounce of fresh ginger elixir before lunch and dinner to kindle your digestive fire.

Ingredients

- 1 cup fresh ginger juice (from fresh ginger root)
- 1 cup lemon juice (made from four to six lemons)
- 1 cup water
- $\frac{3}{4}$ cup raw honey (preferably organic)
- $\frac{1}{4}$ teaspoon black pepper

Instructions

Cut a 3- to 4-inch piece of unpeeled fresh ginger into $\frac{1}{2}$ -inch pieces. Using a powerful juicer, push the ginger through the juicer and juice enough fresh ginger root to make one cup. In a citrus juicer, juice four to six fresh lemons to make 1 cup freshly squeezed lemon juice. With a wire whisk, mix the water, black pepper, and honey into the ginger and lemon juice. Whisk until well blended.

