

Christian Women Council (CWC)

Detox drinks help to naturally reduce inflammation, boost energy, support digestion, cleanse the liver and promote healthy skin.



5 Major Health Benefits

1. Reduce Inflammation
2. Boost Energy
3. Support Digestion & Weight Loss
4. Cleanse the Liver
5. Promote Healthy Skin

Apple Cider Vinegar Detox



Ingredients

- Apple Cider Vinegar—2 TBSP
- Lemon Juice— 2 TBSP
- Honey—1 TBSP
- Cinnamon—1 TBSP
- Water—1 Glass

Linda Peggs, Nutritionist

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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 percent. It can also help eat up the starches if you do eat grains in your diet. **Lemon juice** helps balance blood sugar and has an alkaline effect on your body helping to regulate PH. It also contains vitamin C. **Honey** is a sweet syrup made by bees using nectar from flowers. It contains potassium, calcium, magnesium, iron, copper and zinc. It also contains vitamins including vitamin C, thiamine, riboflavin, nicotinic acid, vitamin B6 and pantothenic acid. **Cinnamon** is one of the best antioxidants on the planet. It's the number one herb/spice for balancing blood sugar. **Water** helps Maintain the Balance of Body Fluids.