

# Turmeric Citrus Tonic

(ANTI-INFLAMMATORY RESET)





## BENEFITS

- ANTI-INFLAMMATORY
- SUPPORTS LIVER DETOX PATHWAYS
- IMMUNE-BOOSTING
- MAY HELP STABILIZE BLOOD SUGAR

## INGREDIENTS

- 2 oranges (juiced)
- 1 tsp fresh turmeric or ½ tsp turmeric powder
- ½ inch fresh ginger (optional but powerful)
- 1 pinch black pepper
- 1 tsp raw honey or date syrup (optional)
- ½ cup warm water

## DIRECTIONS

1. Juice the oranges
2. Add turmeric, ginger, and black pepper
3. Stir in warm water
4. Sweeten if desired
5. Drink fresh (morning or between meals)

