

## 02

# CILANTRO LIME DRINK

This is a drink I came up with as I was studying how to detoxify chronic Epstein-Barr virus. I think it solidified as a 'must have' for me when: 1) I could feel the results, 2) I studied alkalizing diets, 3) I learned about oxygenating the blood.

This simple drink packs a lot of punch to: support the organs of detoxification, alkalize the body, support the immune system, and hydrate the body.

## INGREDIENTS

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- 12 oz. purified, cool **water**
- 1 whole, washed **lime or small lemon**
- Handful of organic **spinach or other greens**
- Medium handful of organic **cilantro**
- 1 teaspoon **raw honey** (optional)

## INSTRUCTIONS

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### STEP 01

Add 12 oz. of purified, cool water to your blender and squeeze in one whole, washed lime or small lemon with a citrus juicer.

### STEP 02

Add one generous handful of organic, washed spinach or other greens. (I like to rotate, and I like using fresh broccoli sprouts.)

### STEP 03

Add one medium handful of organic, washed cilantro. (Trim off thick bottom stems of cilantro, but retain upper stems.)

### STEP 04

Add one teaspoon of local honey. (Skip this if you prefer.)

### STEP 05

Blend, strain, pour and drink.

