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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

- 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

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.

