

Flu Shot

4 cups	Orange Juice
2 cups	Ginger Juice
1 TBSP	Apple Cider Vinegar

Mix ingredients in a 4QT pitcher. Strain contents through a fine sieve. Pour into 2 oz shot bottles. Makes approximately 24 bottles.

BEST BY DATE – 6 DAYS

Anti-Inflammatory Shot

2 cups	Turmeric Juice
2 cups	Ginger Juice
2 cups	Lemon Juice
1/2 cup	Honey
1/4 tsp	Cayenne

Mix ingredients in a 4QT pitcher. Strain contents through a fine sieve. Pour into 2 oz shot bottles. Makes approximately 24 bottles.

BEST BY DATE – 6 DAYS

Digestive Shot

1 cup	Ginger Juice
1 cup	Lemon Juice
1 cup	Alkalized Water
1/2 cup to 3/4 cups	Honey
1/4 tsp	Black Pepper

Mix ingredients in a 4QT pitcher. Strain contents through a fine sieve. Pour into 2 oz shot bottles. Makes approximately 24 bottles.

BEST BY DATE – 6 DAYS

Morning Detox H2O

1.5 cups	Ginger Juice
2.5 cups	Lemon Juice
	Alkalized Water

Mix Ginger and Lemon in a pitcher. Strain contents through a fine sieve. Add a ¼ cup of Ginger/Lemon mixture to each 16 oz bottle, fill the rest with alkalized water. Makes approximately 16 bottles.

BEST BY DATE – 6 DAYS

Winter Detox Water

2 cups	Ginger/Lemon mixture used in Morning Detox
2 cups	Elderberry Syrup
	Alkalized Water

Mix Ginger/Lemon and Elderberry Syrup in a pitcher. Strain contents through a fine sieve. Add a ½ cup of the mixture to each 16 oz bottle, fill the rest with alkalized water. Makes approximately 8 bottles.

BEST BY DATE – 6 DAYS

Immunity Booster Shot

1 cup	Elderberry Syrup
1 cup	Lemon Juice
2 cups	Alkalized Water

Mix Elderberry Syrup & Alkalized Water in a pitcher. Strain contents through a fine sieve. Fill 2 oz bottles. Makes approximately 16 bottles.

BEST BY DATE – 6 DAYS

Elderberry Syrup

2 cups	Elderberries or Elderberry Powder
16 cups	Water
3 TBSP	Frozen Shredded Ginger
6	Cinnamon Sticks
1.5 TBSP	Cloves
1 bottle (1lb, 8oz)	Honey

Put all of the ingredients except the honey in a pot. Bring to a boil and then reduce the heat to a simmer. Simmer till liquid is reduced to half, this will take approximately 40 minutes. Let the mixture cool then add the honey. Cool completely before use. **BEST BY DATE – 2 WEEKS**

Seasonal Allergy Shot

3 cups	Frozen Raspberries
2 cups	Lemon Juice
8 cups	Pineapple Juice
4 capsules	Stinging Nettle

Blend frozen raspberries and lemon juice in a blender on high for approximately 1 to 2 minutes, until fully blended. Pour mixture through a fine sieve to get rid of seeds. Add pineapple and mix. DO NOT BLEND PINEAPPLE JUICE IN BLENDER. Open capsules of Stinging Nettle and add to mixture. Fill each shot bottle with the mixture.

Makes approximately 26 bottles

BEST BY DATE – 6 DAYS

Workout Recovery H2O

3 bottles or 3 liters	Coconut Water
3 Quarts	Alkalized Water
2 (whole)	Pineapple Juice
2 lbs	Limes
1 tsp	Blue Majik

Press Pineapple & limes through the juicer.

Mix all ingredients into a juice bucket and pour contents through a fine sieve. Pour mixture into 16 oz bottles.

Makes approximately 16 bottles

BEST BY DATE – 6 DAYS

Beauty H2O

8.5 cups	Pineapple Juice
4 cups	Alkalized Water
4 cups	Water
3 TBSP	Pitaya Powder
1/2 cup	Raspberries (frozen or fresh)
1/4 cup	Lemon Juice
1 tsp	Aloe Vera Juice

Press Pineapple through the juicer.

Mix water, pitaya powder and raspberries in a blender at high speed. Pour mixture through a fine sieve into a juice bucket. Add pineapple juice, lemon juice, coconut water and aloe vera to the juice bucket and mix well. DO NOT BLEND PINEAPPLE JUICE IN BLENDER. Pour mixture through a fine sieve again to ensure all seeds are removed.

Pour mixture into 16 oz bottles.

Makes approximately 8 bottles

BEST BY DATE – 6 DAYS

