



Get Back on Track
RECIPES

Apfel Shorle – Sports Energy Drink

Supplying weak organic acids & alkaline buffers.
Kicks the Krebs Cycle.

Ingredients:

Juice of 1/2 a fresh lemon

Juice of 1/2 a fresh lime

2 teaspoons Apple Cider Vinegar

Pinch of clean salt

1/2 tspn or more raw unprocessed honey – be generous to taste.

Mix together. Fill glass with naturally carbonated water (e.g. perriere).

Additions

– practitioner will advise when to include.

- Cloudy Apple Juice.