

Shock Tea

1 c. warm water

1/4 - 1/2 tsp. cayenne

Juice of 1 lemon - orange juice is also delicious

Honey or maple syrup to taste

Mix and sip. This makes a great morning drink or it can be used for shock, detoxing, cleansing, and stimulating the production of hydrochloric acid!

Recipe by Dr. Christopher

