



Lemon water recipe

Ingredients:

- 8 oz. warm or hot water
- Juice from half a lemon

Optional dosha-balancing additions:

- Vata: ginger, basil, honey
- Pitta: ginger, mint, cucumber
- Kapha: ginger, strawberry, mint, rosemary

Instructions:

1. Before consuming anything for the day, pour warm or hot water into a cup
2. Squeeze in juice from half a lemon
3. Add optional ingredients, mix together, and slowly sip the lemon water.
4. After finishing your lemon water, swish your mouth with room temperature water for 30 seconds. This removes the citric acid from your teeth.

Note: *if you're not used to drinking water first thing in the morning, you may feel nausea the first few times. Start with small amounts and increase over time as your body adjusts.*