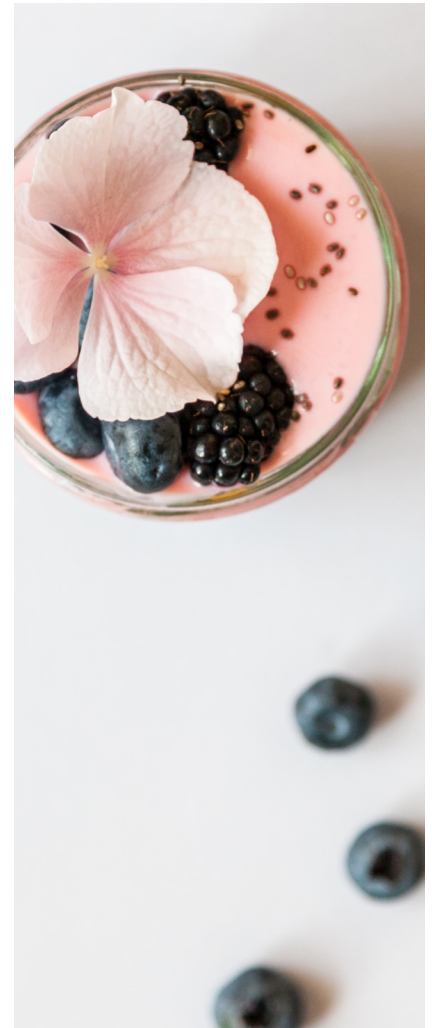




Detox Drinks

It is a good idea to periodically do a detox cleanse. You can make simple detox drinks from home. Drink at least 12 oz cup every morning for 3 -5 days. This cleanses your body of toxins and impurities and is good for liver/lymph cleanse. You will feel a boost in energy and boost in immune system. Dandelion root tea is a great detox in and of itself. It protects bones, is high in Vitamin A and K, Fights diabetes and skin infections, cleanses liver, and is high in antioxidants and fiber.



DANDELION ROOT DRINK

- 60 oz. purified water
- 2 tbsp fresh lemon juice
- 1 tbsp pure cranberry juice
- 1 dandelion root tea bag.
- Can drink hot or cold.

STRESS RELIEVING DETOX DRINK

- 16 oz water
- ½ cup ice cubes
- 1-2 tsp apple cider vinegar
- ½ cup pineapple, chopped
- 5 strawberries, washed, and stems removed
- 4-5 fresh basil leaves
- blend thoroughly in blender

5-7 DAY LIVER/LYMPH CLEANSE DRINK

- 1 whole lemon, quartered (with peel and all)
- 4 cups purified water
- 2 tbsp olive oil (extra virgin)
- Couple slivers of ginger root
- 1 tsp vanilla
- Blend thoroughly in blender, put through sieve, chill or add ice cubes



Acqua Blue Protein Smoothie

Blue Majik is a proprietary extract of Spirulina, a nutrient dense aqua botanical. It supports healthy joints, reduces tiredness/fatigue, supports antioxidant and cellular productions, supports healthy inflammation responses after physical activities, and is rich in vitamin B and C. Other good quality spirulina would also be good enough.

Nutrition content of smoothie: 32 g carbs, 1 g fat, 23 G protein, 240 g calories.

- 2.5 oz pineapple
- ½ banana
- ½ scoop Blue Majik (or other spirulina powder blend)
- ½ cup plain Greek yogurt
- 1 scoop banana crepe whey protein powder
- 1 scoop ice
- 6 oz water

Cherry Lime Energy Buzz



Benefits of green tea include the antioxidants it contains plus a mild dose of caffeine and theobromine which improves blood flow and lightens mood without the jitters. Tart cherry juice can reduce inflammation and soothe sore muscles.



- 1 tsp thyme leaves
- 2 green tea teabags
- ½ cup unsweetened tart cherry juice (or cranberry juice)
- Juice of ½ lime plus sliced lime for garnish
- 1 tsp stevia powder or 2 tsp honey
- 1 sprig thyme for garnish, optional

In small saucepan over high heat, cook thyme leaves and 1 cup water until just beginning to boil, (1-2 minutes). Turn off the heat and add teabags; steep for 4 minutes. Add cherry juice, lime juice, and stevia. Can garnish with lime slices and thyme sprigs. Serve hot or ice cold.

Turmeric Drinks

TURMERIC GOLDEN MILK

- 2 cups milk of your choice (dairy, coconut milk, almond milk, oat milk, soymilk)
- ½ to 1 tablespoon raw honey
- 1 tablespoon golden paste (check out our golden paste recipe below) or 2 tsp. turmeric and dash of black pepper

Simply stir the honey and golden paste (or turmeric and pepper if you're not making golden paste first) into your warmed milk and enjoy!



TURMERIC GOLDEN PASTE

- 1 cup water
- ¼ cup turmeric powder
- ¼ teaspoon black pepper
- ½ teaspoon cinnamon
- ¼ teaspoon cardamom
- ¼ teaspoon Himalayan salt
- 3 tablespoons coconut oil

Combine the water, turmeric, pepper, salt, cinnamon and cardamom together in a small pot and bring to a simmer.

Cook for a few minutes until the ingredients start to thicken into a paste.

Remove from the burner and allow to cool for a few minutes before stirring in the coconut oil.

Transfer to a clean, dry jar and store in the refrigerator for up to 3 weeks.

Notes: Pregnant women should consult a physician before consuming turmeric. Some people are allergic to turmeric so please use proper precautions and consult a physician if you have any questions.



Wellness Cider

**RECIPE BY ACQUA RECOVERY'S
OWN CHEF JOI THOMAS**

- 2 Qt + 1 Qt water
- Peels and core of 1-2 Pineapples
- 1 apple, deseeded
- 1 Orange halved
- 1 Lemon halved
- ¼ C Dried Cherries
- ½ C Dried Cranberries
- 2 oz Dried pears (or 1 whole fresh, deseeded & halved)
- ¼ C Dried Apricots
- 2-inch nub of Ginger, peel on
- 3- 4 Cinnamon sticks
- 2 tsp Peppercorn
- 1 tsp Cardamom
- 4 Cloves
- 3 Herbal Teabags
- 4 T Raw honey
- 1 tsp Turmeric (optional)

Add 2 Quarts of water and all ingredients, except honey to a medium stock pot and simmer for 1-1.5 Hours. When fruits have begun to break down and water decreases by half. Using a wooden spoon stir the contents, pressing out the fiber and juices into the liquid. The “broth” will be VERY cloudy. Add the additional 1 quart of water and the honey. Simmer for another 30 minutes and strain. This can be enjoyed hot or cold. If you prefer a more concentrated tea, omit the last quart of water, add honey, mix and strain.