



Hot Morning Tonic Recipes



Honey Ginger tonic

- 1 cup of hot water
- 1 TBS fresh squeezed lemon juice
- 4 thin slices of ginger
- *Steep for 3 minutes and enjoy

Lemon-honey fiesta

- 1 cup of hot water
- Juice from 1/2 lemon
- 1-2 tsp of honey or maple syrup
- Dash of cayenne pepper
- Pinch of natural sea salt (optional)

Hot apple zinger

- 1 cup of hot water
- 2 tsp apple cider vinegar
- 1-2 tsp honey or maple syrup

Nourish Your Spleen and Protect Your Lungs to Enhance Your Immunity

- Wear a scarf or turtleneck on cooler days, especially when it's windy.
- Start the day with a hot morning tonic.
- Eat until you are no more than 70% full.
- Eat warm, cooked meals and limit raw foods as much as possible.
- Eat slowly and mindfully. Put your fork down in-between bites.
- Avoid eating within 2 hours of your bedtime.
- Eat smaller meals more frequently (5 small meals as opposed to 3 large ones).
- Shop for fruits and veggies that are in-season:

pears, avocados, bananas, basil, green beans, snap peas, blackberries, chili pepper, corn, eggplant, fennel, grapes, green onions, leeks, lemongrass, mangos, mushrooms, okra, onions, papaya, pumpkin, summer squash, sweet potatoes, tangerines, tomatillos, tomatoes, zucchini