

EPISODE 8 – LEMON GINGER ELIXIR

Today we asked you to take action in a big way, more than just reading notes! In IBTV Episode 2 we showed you how to make Lemon Ice Cubes. Now we're kicking it up a notch or two and asking you to drink this tasty elixir morning and evening for 21 days.

LEMON GINGER ICE CUBES

1. Buy a good juicer if you don't have one as it will be needed throughout the challenge. You can find one online for under \$50.00
2. Make sure you have several ice cube trays to make large batch of juice ice cubes
3. Take 2 bags of lemons (approximately 12 lemons) and rinse them with water and vinegar. Cut them in quarters and place in juicer.
4. Add 4 full stalks of ginger, peeled and cut into chunks.
5. Juice the lemon and ginger together
6. Freeze the juice in ice cube trays and then transfer to freezer bags

TO MAKE YOUR DAILY ELIXIR

- ❖ Add a bag of dandelion or green tea to a cup of hot water
- ❖ Add a lemon ginger ice cube
- ❖ Add a tablespoon of chia seeds
- ❖ Steep to desired strength
- ❖ Add honey to taste



WHY LEMONS?

Extremely high in food vitamin C which helps with digestion, by increasing the body's natural functions of creating hydrochloric acid in the stomach which ultimately helps break down stubborn foods and fats and improve bloating in the stomach! Lemons are full of soluble fiber, the main one is pectin which drastically helps with gut health! ([*1.](#))

Heart health is another big reason we chose lemons! ([*2.](#); [*3.](#)) Your heart alone is responsible for filtering your entire blood system. The heart pumps oxygen rich blood to all parts of the body, including the kidneys. The kidneys then work hard to clean the blood, by filtering toxic chemicals, preservatives, bad fats any many other toxins we come in contact with daily. Supporting the heart is KEY in a simple drainage program in order to not overload the work done by the filtering organs and create a reverse effect of which you are looking for. ([*4.](#)) In

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fact did you know you can reduce total blood cholesterol by eating 24 grams of citrus fiber extract daily for a month? [\(*5.\)](#)

If the kidneys and the heart are connected shouldn't the lemons help with kidney stones too? YES! When waste builds up in the kidneys it starts to crystalize, and that creates kidney stones. The citric acid in lemons increases urine volume and urine pH, thereby creating an environment in which kidneys stones don't have a chance to build up [\(*6.\)](#)

What about lemons for weight loss? Lemons are a powerful degreaser and help break up fats in the kidney, liver and all filtering organs helping the body to function properly in a number of ways as stated above [\(*7\)](#). This is one key to starting down the road to good health!

Lets not also forget about the SKIN! After all, we are trying to REDUCE wrinkles, and firm the skin right? Well collagen is the key factor here and in order for the skin to stimulate collagen synthesis and protect against free radicals you must have high amounts of vitamin C in the skin! [\(*8\)](#)

Now in episode 5 we learned that the RDA Recommended Daily Allowance of vitamin C drastically lowers the Optimum Nutrient Intake. So, we are going to BOOST YOUR IMMUNE by increasing your vitamin C intake. Since one lemon provides about 31mg of vitamin C and RDA recommends 90mg a day you are almost half way there with a lemon a day. But we want to do more than get you halfway there! Thats why, juicing the entire lemon with the skin is KEY. Did you know that 100g of a lemon peel has 129mg of vitamin C! [\(*9.\)](#) that's why juicing the entire lemon is so important!

WHAT DOES GINGER DO?

Now what about good old fashioned Ginger?? Where would we start with powerful herb? The effects on the body are without question required for optimal health, including to help enhance and protect testosterone levels in men, nausea for women with pregnancy, alleviation of arthritis symptoms, age related neurological disorders, protective against cancer and many other amazing benefits of ginger! Including weight gain, antiviral and heart health! [\(*10\)](#)

AND HOW ABOUT DANDELION TEA & CHIA SEEDS?

First off, dandelion tea contains high concentrations of potassium which are often depleted by pharmaceutical drugs, leading to weakness and fatigue, heart palpitations, muscle weakness and mood swings! But the reason I love it here is because it also helps induce the flow of bile from the liver, thereby over time, alleviating first stages of cirrhosis of the liver (*11) The Little Herb Encyclopedia, by Jack Ritchason N.D.) Now if dandelion is good enough to help cirrhosis of the liver (late stage liver disease) then it is certainly good enough to help rejuvenate the body to optimum functions. After all...this first action plan you are taking is about drainage, not deep detoxification. If the body is overloaded you must first gently prepare the organs for what

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is to come next...this takes time, and that's why we are going to stick with drinking this blend daily for the next three months, day and night.

So why chia seeds then you ask? Well not only are they a good source of plant protein 4g, they also contain fiber 11g, calcium 18% of RDA, manganese 30% of RDA, phosphorus 27% of RDA, and zinc, vitamin b3 (niacin), vitamin B1 (Thiamine), and vitamin B2 all the goodies you need to help protect against nasty viruses! However, the biggest reason they are chosen for this blend is because they help with brain health, ([*12](#)) and keeping the mind focused is step one to staying the course! Along with brain health chia seeds are known to help with gastrointestinal health, because they are a prebiotic and work to feed gut flora which is usually out of balance when prescription drugs are often taken.

MORE ABOUT CHIA SEEDS

Weight Loss, ([*13](#))

Diabetes ([*14](#))

Reduce Inflammatory Conditions ([*15](#))

and last but not least in our beauty regimen kit, chia seeds are a powerful anti-aging free radical fighter due to the high concentrations of antioxidants! ([*16](#)) A single serving of two tablespoons gives the body 137 calories and one gram of digestible carbohydrates!

Now you are all SET! Get going, get started! Order your juicer, your ice cube trays pick up your lemons, ginger, dandelion tea and chia seeds and drink a cup a day morning and night. You can leave the chia seeds out at night and sweeten with raw honey which carries with it a host of benefits including antiviral increases cellular viability, regulation of cellular degeneration, and improvement of mitochondria functions! ([*17](#))

ONE CUP A DAY!

Remember, to wake up each day and say ONE positive thing no matter what the day looks like, just say "I can do this, I love health, I am strong enough" we will get into the "why" behind going this in another episode...for now, just put it into practice.

Live in good health with beautiful skin.

~Tiffany Andersen

Thank You!