



SEATTLE NATURAL HEALTH LLC

CHIROPRACTIC AND NATUROPATHIC CLINIC

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Apple Cider Vinegar Drink for Achy Joints

If you get achy joints, feel stiff in the morning or have some form of arthritis, the following drink helps make your body more alkaline and feel more limber. This is a very old naturopathic remedy that has helped many people.

First thing in the morning mix:

1. Eight ounces of lukewarm filtered water
2. Two teaspoons of organic apple cider vinegar (this can be bought at most health food stores—avoid Heinz vinegar)
3. Juice of ½ lemon freshly squeezed
4. One teaspoon honey

Drink and enjoy!!