

Recipe

Dr Pucci's Lemon Water Tonic



Ready in **2 minutes**

Make it a Habit Dr Pucci starts off his morning every day with this basic recipe and adds to it depending on his tastes or what he needs that day. For speed, he often uses bottled, pure organic lemon juice (not from concentrate) and liquid stevia.

Ingredients

- 18-24oz filtered water
- Ice
- 2 Tbsp lemon juice or juice of 1/2 lemon
- Splash of ginger juice or apple cider vinegar, to taste
- Stevia

Preparation

1. **Combine all the ingredients** into a large tumbler or glass and enjoy.
2. For seasonal variety, substitute or add limes, cranberry, mint, cucumber, cayenne, turmeric, sea salt, blueberry, and so on.
3. **Focused on good gut health?** Add pre and probiotics, fiber, amino acids, acti-magnesium or other minerals, gut repair powders, and so on, to taste.
4. **Need more?** Fill a 2L pitcher (about 8 ½ cups water or tea), add the juice of 3-5 lemons and limes, each, with pulp, a pinch of sea salt, stevia, and apple cider vinegar to taste. Refrigerate.
5. **Follow your taste buds!** If you prefer, add a splash of kombucha, gut shot, green juice, or wheat grass.
6. Repeat throughout the day.

Tips

Toss out your musty sport bottles and pick up an insulated and acrylic tumbler and straw. Water looks and tastes so refreshing you'll drink more of it!