

HOMEMADE GINGER ALE AND RE-HYDRATION JUICE

This is good for an upset stomach, vomiting, and diarrhea.

Add to pot:

- 8 cups of water
- 1 inch ginger cut in small pieces or may grind
- 2 tea bags of chamomile; 2 tea bags of mint or cat mint
- ½ tsp of salt

****BOIL ABOVE INGREDIENTS THEN SIMMER FOR 5-10MIN.**

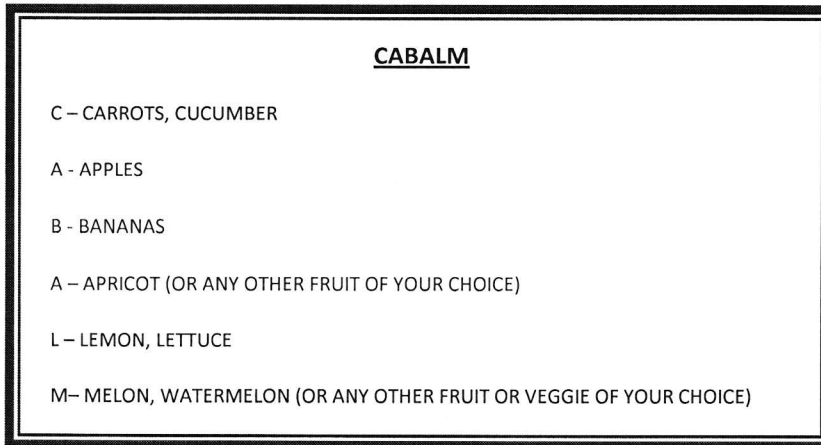
Then add to a cup:

- 1-2 tsp of raw honey to taste for children over 1yr of age or
- 1-2 tsp of agave syrup for children less than 1 yr of age
- A few mint leaves into tea if desired
- Squeeze lemon to taste

*****You can also make this into popsicles and serve as a freeze pop.**

VEGGIE AND FRUIT SMOOTHIE

DAILY INTAKE: about 2 lbs. of fruits and 1-2 lbs of veggies. May make in smoothies and add ground flax seed powder, 1-2 tsp per 8oz. Use any combination to make a delicious tasty smoothie. You can add organic soy, almond, or coconut milk.



****FOR MORE INFORMATION VISIT: BESTHEALTHLIFESTYLE.COM**

***Natural Grocery Store**

1612 Sherman Blvd. /Spring Rd.
P: (260) 424-8812

***Health Food Shoppe**

3515 N Anthony Blvd
P: (260) 483-5211

****The Vitamin Shoppe**

4601 Illinois Rd
P: (260) 459-0361

***CVS or Walgreens**

****Purchase these items at which ever location has them cheaper. CVS and Walgreens will offer buy one get one free deals at times.**