

Aloe Water

1 Fresh aloe leaf (only a 2 inch piece will be used per serving)

1 Knob of ginger

1 Lemon (juice of)

8-16oz of Filter or spring water

Cut a 2 inch piece off the aloe leaf, scoop out the gel and place in a blender with the lemon juice, ginger and water. Blend on high for about 30 seconds.

Drink on empty stomach for maximum benefits. Wrap remaining alone in plastic, store in fridge and it is good from 1-2 weeks.