

NEW WAVE THERAPY CLEANSE SUPPORT FLUSH

Use with any Country Doctor Herbals Cleanse Support tincture or capsule

16 ozs warm or hot purified water

2 tablespoons apple cider vinegar, unfiltered

1 tablespoon fresh squeezed lemon

1/2 to 1 teaspoon ground ginger

¼ teaspoon ground cinnamon

local organic honey, to taste

Mix all ingredients in hot or warm water. Best serve warm.