

## **NEW WAVE THERAPY ENVIRONMENTAL SUPPORT FLUSH**

**Use with any Country Doctor Herbals Environmental Support tincture**

16 ozs warm or hot purified water

2 tablespoons apple cider vinegar, unfiltered

2 tablespoons freshly squeezed lemon

1 teaspoon ground ginger

¼ teaspoon cinnamon

2 teaspoons local organic honey, to taste

Few drops Country Doctor HP Cayenne

Heat water and mix all ingredients together. Serve warm.