



Try it

- anti-inflammatory
- calm I.B.S.
- reduce cramps
- relieve arthritis
- cancer prevention

Turmeric Tonic

Turmeric is a powerful anti-inflammatory without the worrisome side effects that its pharmaceutical counterparts bring to the table. It offers natural support to the body in dealing with arthritis, inflammatory bowel disease, and even cystic fibrosis. It has also been shown to be highly anti-cancerous, inhibiting cancer cell growth and metastasis. Questions? Watch the video about [Turmeric Tonic](#).

Ingredients:

- 4 inch piece fresh turmeric (or two teaspoons [organic dried turmeric](#))
- 3 inch piece of ginger
- 3 lemons, peeled
- dash cayenne
- 4 cups young coconut water (video on how to [SAFELY open young coconuts](#))
- raw honey to desired sweetness

Juice the turmeric, ginger, and lemons. Add the juice to the young coconut water (or spring water). Add the cayenne and stir well to combine. Store in the fridge for up to three days.



QUICK NOTE: You can use the same method I demonstrate in [this video](#) for Ginger, Apple & Beet juice to create this tonic using a high speed blender and a strainer. A standard blender won't get you the same results as a VitaMix or BlendTech. Just sayin'!



MONEY SAVER: You can buy powdered organic turmeric by the pound on Amazon ([CLICK HERE](#)). Much better pricing than the tiny jars you will find at your local market.

www.DeliciousRevolution.com

