

# Energy FOR EXPERTS

YOUR HEALTH IS YOUR BUSINESS



MAGIC  
DRINK



## MAGIC DRINK

### JUICE

- ☐ 4 lemons
- ☐ 3 limes
- ☐ 1 orange or (pink) grapefruit
- ☐ Pour the juice into a blender

### BLEND UNTIL SMOOTH TOGETHER WITH...

- ☐ 3 to 4 cloves of fresh garlic (take out the heart for better digestion and less smell)
- ☐ A big handful of fresh parsley or cilantro
- ☐ 1 inch/2cm chunk of fresh ginger (if you can take more, double up)
- ☐ 1/4 teaspoon of cayenne (for more effect you can double up to 1/2)
- ☐ 1 teaspoon of Chlorella (optional)
- ☐ 1 heaped TBSP of good green powder (optional)
- ☐ For each cup of liquid, 1 TBSP of raw local honey (vegan option = 1 date/cup)
  
- ☐ Blend until smooth
- ☐ Strain through a fine sieve
- ☐ Drink immediately (within 15 minutes)
- ☐ Repeat 2 to 3 times a day until healed

### NOTES

- ☐ This drink will give you more energy quickly to heal faster or when you're tired
- ☐ Use this immune booster to prepare your body for long distance travels
- ☐ As soon as you feel a cold coming, make this drink to prevent it from breaking through
- ☐ You don't have to wait until you're sick to boost your immune system
- ☐ Is the taste challenging for you? Add an extra spoon of honey or an extra date

Happy healing!

*Marie-Claire*



# shoppinglist magic drink

BUY ORGANIC AS MUCH AS YOU CAN!

- ☐ 4 lemons
- ☐ 3 limes
- ☐ 1 orange or pink grapefruit
- ☐ 1 garlic
- ☐ Pack of fresh parsley or cilantro
- ☐ Fresh ginger
- ☐ Cayenne or 1 fresh Jalapeno pepper
- ☐ Raw (local) honey or a small pack of Medjool dates

OPTIONAL ADD-ONS

- ☐ Chlorella
- ☐ Green powder