

GIULIAS MORNING

Elixir

To Purify and Uplift the physical,
emotional and mental body.

Friend,



8 years ago I started drinking this simple and easy to prepare morning elixir and I feel like a hydrated rock star! This elixir includes beneficial ingredients for natural purification, rejuvenation and hydration - it's essential.

My morning elixir works for our everyday lives and in times of fatigue. Organic fresh lemon detoxes the liver (from over consuming sugar, red meat, alcohol and pharmaceuticals.)

A daily "detox" is a brilliant way to start approaching your body with care today.

With my support,

Giulia

Giulias Morning *Elixir*

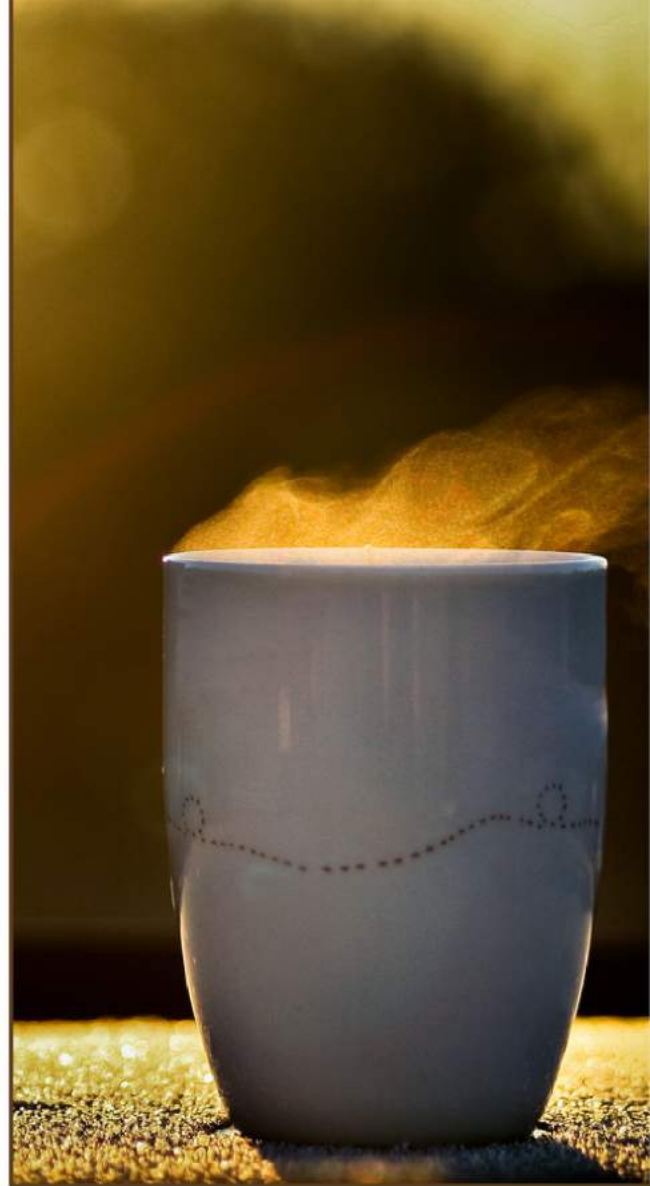
Ingredients

- 8-12 oz of freshly filtered warm or room temp. water
- 1/2-1 juice from an organic lemon
- 1/4-1/2 teaspoon pink Himalayan salt
- 1 capful of Braggs apple cider vinegar
- *Dash of cayenne pepper

*Optional

Directions

Mix all ingredients together in warm or room temperature water and enjoy the benefits!



Why the morning elixir works

- Warm water dilates (opens) blood vessels and digestive systems. It promotes "regular" digestion, while cold liquid would do the opposite and we don't want that.
- The organic lemon juice contains d-limeone – a compound that helps flush toxins from the liver. Make sure it's Organic – using pesticide or chemical laden lemons sort of defeats the purpose.
- Apple cider vinegar flushes the liver, controls blood sugar, boosts your immune system, and alkalizes your body to balance pH levels.
- Cayenne boosts metabolism, aids digestion and may support immune function
- Himalayan sea salt helps to up-regulate morning blood pressure and protects your adrenal glands.

The lemon and apple cider vinegar help support your liver, the organ responsible for metabolizing (burning) fat, production of bile (which breaks down the fat we eat), filtering toxins, and plays a role in circulation. Keeping this organ running at its peak can improve energy levels, regulate fat digestion, improve metabolism, and helps eliminate/flush toxins.

When we wake up our body needs to rapidly increase blood pressure to prevent us from falling over. Cortisol is peaking and the adrenals go searching for sodium to create this increase in blood pressure. By drinking the sea salt and giving the body what it needs, we lessen the burden on the adrenals – a crucial step towards overall health as most people today suffer from adrenal fatigue due to a lack of sleep and over-stimulation.

What comes next

Thank you for downloading this morning elixir.

If you're ready to go further, I'd love to hear from you.

My Coaching Sessions are targeted to offer specialized support for your unique fitness and nutrition goals. We'll go deep into what you want and create a plan to get you there.



www.coachingbyg.com

g@coachingbyg.com