

LEMONADE FAST

HOW TO MAKE IT

- ⇒ 2 tablespoons of lemon juice from freshly squeezed lemons
- ⇒ ½ - ¾ tablespoon of raw honey
- ⇒ Pinch of Cayenne Pepper

INSTRUCTIONS

Combine the lemon juice, raw honey and cayenne pepper in a 10-ounce glass and fill with hot (not boiling) distilled water. Cold water may also be used if preferred.

Never use canned lemon juice, frozen lemonade or pasteurized juice!

TO MAKE A FULL QUART

- ⇒ 10 cups of distilled water
- ⇒ 1 ½ cups of fresh squeezed lemon juice
- ⇒ ½ cup raw honey

INSTRUCTIONS

Shake well and refrigerate in an air-tight container, preferably glass.

HOW TO TAKE IT

Drink the Lemonade as much and as often as you want! To fast properly, drink only this lemonade and no other foods or drinks. This fast can be done for 24 hours, or for longer periods if desired.

