



Honey apple cider vinegar drink

Ingredients:

1 Teaspoon of honey

2 Teaspoons of apple cider vinegar

Pinch of ground cinnamon

Method:

Mix all of the above in a medium glass of warm water or room temperature.

Drink first thing in the morning before meals. Drink regular for good results.

If you have kidney stones then drink this mixture 3 times a day before meals. For a Few days. (always under doctors orders)