

Fire Cider drink

Author: Dr. Samran

"Fire Cider" is something we have really enjoyed. It is something to help warm the body and soul on these cold days in the North State. I have been drinking this in the morning half an hour before my meal and half an hour after dinner in the evening. It has lots of ingredients which help boost your immunity and help with digestion as well. Please give it a try!

Below is our quick version:

1. Make the following fresh ingredients into a paste:
 - Garlic 1 clove
 - Horseradish- thin sliver (same as ginger and turmeric)
 - Ginger thin sliver (same as horseradish and turmeric)
 - Turmeric root sliver (same as horseradish and ginger)
2. Put the above paste into a cup and add the following:
 - 1-1.5 tablespoon apple cider vinegar
 - 0.5 teaspoon of cinnamon
 - 0.5-1 tablespoon of honey (your preference)
 - Pinch of salt (Eden sea salt)
 - Pinch of red pepper (ground)
 - 1/4 teaspoon of black pepper (ground)
 - 1/4 teaspoon dried 100% wasabi powder
3. Add hot water
4. Enjoy!

Links:

1. <https://www.youtube.com/watch?v=JU8U0bDmXks>