

Cranberry Drink Detox

Keep Wellness Simple™ with Dr. Sabrina Russ, PharmD, BCGP, NBC-HWC

How to Use

Drink this mixture three times per day (three 8oz glasses):

- First thing in the morning
- Before lunch
- Before dinner

Ingredients

- 6 oz spring water
- 2 oz organic, unsweetened cranberry juice
- Juice from 1/4 of a fresh organic lemon
- 1/2 to 1 tsp organic apple cider vinegar
- Optional: 2 tablespoons fiber

Preparation Tips

Prepare the full mixture the night before and store it in the refrigerator. If apple cider vinegar is difficult to tolerate, it may be reduced or omitted.

Purpose of the Ingredients

Organic Unsweetened Cranberry Juice

- Supports kidney, bladder, and urinary tract health
- High in potassium and naturally low in sodium

Lemon Juice

- Supports immune function
- Supports liver function

Apple Cider Vinegar

- Helps balance body pH
- Supports elimination of waste acids
- Provides potassium
- Supports healthy gut bacteria

This guide is for educational purposes and is part of the Keep Wellness Simple™ Detox Program.