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<http://www.mindbodygreen.com/0-14462/anti-inflammatory-lemon-turmeric-tonic.html>

MINDBODYGREEN.COM
Anti-Inflammatory Lemon-Turmeric Tonic
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This drink is simple to make, provides an alkaline reaction in the body, and helps reduce inflammation. It's a perfect drink to add to your detox routine, especially because there are a host of health benefits that come with it!

Anti-Inflammatory Lemon-Turmeric Tonic

Serves 1

Prep time: 5 minutes

Ingredients

- 1 1/2 cup water
- 1/3 cup lemon juice
- 1 tsp. of turmeric, or thumb-sized portion of freshly grated turmeric
- pinch of cinnamon
- 1 Tbsp. coconut nectar, or maple syrup

Directions

Pour water into a tall glass

Add the rest of the ingredients, and stir. Drink immediately.