



Discover and heal with The Infinity Way™

Cranberry Drink – Kidney Flush

You will be drinking a mixture containing unsweetened cranberry juice, lemon, and apple cider vinegar.

This mixture should be taken three times per day (Three 8oz glasses):

1. First thing in the morning upon rising
2. Before lunch
3. Before dinner

Ingredients

- Spring water (8 oz)
- Unsweetened cranberry juice (2 oz or ¼ of a glass); make sure you read the label, as many people purchase the sweetened cranberry juice by mistake. Lemon juice (1 tsp) --- real lemon or lemon powder.
- Apple cider vinegar (1/2 to 1 tsp); adjust amount to your taste, as it might be too strong for some people.
- Apple juice --- only use if the drink is unpalatable (maximum amount is ¼ cup). However, if possible, omit apple juice, as it is concentrated sugar. For people who have an extremely resistant metabolism, I recommend omitting apple juice for this mixture, as it does contain a small amount of sugar despite its bitterness, and even a minute amount of sugar can potentially block fat burning.
- OPTION: A certain percentage of my patients like to add some fiber to this drink. I have observed that people are less hungry when they add fiber. This could be any type of psyllium seed or husk or other powdered fiber. Two tablespoons would be enough.

It is recommended that you mix the entire combination together in a container the night before and place it in the refrigerator or a cooler.

Purpose of Ingredients

Unsweetened Cranberry Juice

This juice helps support normal kidney, bladder and urinary tract functions --- the body's filtration system. It is very high in potassium and low in sodium. Since the liver and kidneys work together, they both need to be supported. This juice can be found at any health food store. You can use powdered cranberry as well --- go to <http://www.usjuice.com/> and click on "Cape Cod Unsweetened Cranberry Juice Powder."

Lemon Juice

Lemons support normal immune function. Lemon juice also helps contract the liver (astringent). You can use one-third of a real lemon or one teaspoon of lemon powder.

Apple Cider Vinegar

I would recommend Bragg apple cider vinegar. There are many benefits, including balancing the pH of the body, eliminating waste acids and providing potassium, as well as fortifying the friendly bacteria in your intestines. It helps reduce water retention through the normalization of acid and alkaline levels.