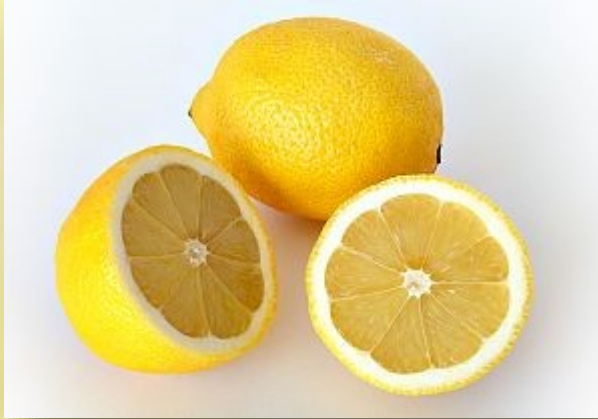


LEMON & Turmeric



Starting the day with your morning routine may suit your needs just fine. A bit of yoga, maybe meditation, a shower, a healthy breakfast, and then out the door. Does this sound familiar? If so, your morning routine is already exceptional. But we have a mighty elixir that can complement your regimen wonderfully.

Have you heard of warm lemon water combined with honey, cinnamon, and the most essential ingredient to this morning elixir, turmeric? If you have yet to try this one, you may be missing out on an excellent way to begin your day. All-natural lemon and turmeric are especially powerful ingredients that boast a wealth of beneficial properties such as anti-inflammatory, anti-cancer, antimicrobial and anti-allergy and anti-obesity, just to name a few.

The Turmeric and Lemon Morning Elixir

1 serving

Prep Time - 5 minutes

Ingredients

1/2 of a lemon, squeezed for juice

1/4 – 1/2 tsp turmeric

1/2 tsp honey

1/4 tsp cinnamon powder

1 cup warm water, and/or coconut milk (the coconut milk adds healthy fats, and helps absorption of turmeric)

Instructions

Mix the lemon juice, turmeric and honey into your cup of warm water or milk. You will want to stir these ingredients well. Add cinnamon on top and continue to stir your morning elixir as you drink it — this will ensure that the turmeric does not settle at the bottom of your cup.

Turmeric with its main active ingredient, curcumin, may be that one healthy addition to your morning routine you've been looking for, and can help you fight inflammation in your body. I enjoy this elixir nearly every morning with fruit, which adds a sweet, delicious twist.



Dr. Ilona Fotek



The information provided is not intended as medical or dental advice and should not be interpreted as such. The intent is to provide as much scientific information as possible on different dental materials and aspects of dentistry where controversy exists and scientific clarification would be of benefit to patients, staff, dentists, physicians and scientists in making informed judgements. If you seek medical or dental advice, please consult with a health care professional. You must always exercise your own best judgement when using the services of any health care practitioner.