



# CAYENNE SHOTS



## SINGLE DOSE

2 TB warm water (Warm helps dissolve honey quickly.)

1 TB apple cider vinegar

1 tsp. honey

Cayenne: If you're just starting out add a scant 1/8th tsp.

*Slowly* build up to the final dosage of 1 tsp if you can over a few weeks time. If 1 tsp is too much use 1/2. You will still reap the benefits.

Mix all above well and drink immediately chasing with a milk type product if desired. Cayenne does NOT dissolve in water. So mix and drink it fast so it doesn't separate.

## TO MAKE 32 OUNCES

Can be kept on the counter for weeks.

A dose is one shot glass or 2TB three times a day.

2 Cups Bragg's Vinegar

2 Cups Warm Water

2/3 Cup Honey

Cayenne as shown below. Start with 1 TB and increase dose by 1 TB each week until you reach 10 TB or 2/3rds a cup for the 32 oz batch.

1 TB. (Approximately 1/8th tsp per dose.)

2 TB Cayenne (approximately 1/4th tsp per dose.)

3 TB Cayenne (approximately 1/3rd tsp per dose)

4 TB etc. increasing each week till you reach 10 TB if you can tolerate it. (2/3rds cup)

You MUST shake the bottle before each dose as the cayenne does not dissolve and will settle separate from the liquid. If you decide that the full dose is too much cayenne for you even after slowly increasing by all means cut the above amounts in half. You'll still get benefits.