

## My Morning Cocktail

### Ingredients:

- Warm Water
- ½ Lemon or Lime Juice
- ½ tsp Haldi Powder
- ½ tsp Moringa Leaf Powder
- ¼ tsp Methi Powder
- ¼ tsp Giloy Powder
- ¼ tsp Ginger Powder
- ¼ tsp Amla Powder
- Dash of Ground Black Pepper
- Pinch of Tulsi Powder
- About 1 tsp Honey

### Directions:

Mix all of these things in the morning and do not eat anything for at least ½ an hour after.

It is like राम बाण.

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