



Eat in Peace Wellness Consulting  
Charlotte Skiles, MS  
Clinical Herbalist  
& Nutrition Consultant  
[www.charlotteskiles.com](http://www.charlotteskiles.com)

## HEALTHY DRINKS

### Homemade cranberry juice

Purchase unsweetened, organic cranberry juice from a health food store. Fill a glass with desired amount of ice, and then fill half-way with cranberry juice. Fill rest of glass with filtered water. Add clear, stevia extract to taste.

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### Homemade lemonade

Squeeze the juice of 1 to 2 organic lemons into a glass. Add ice, filtered water and clear, stevia extract to taste.

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### Lymph Flush

- 1 organic lemon, chopped
- 1 TBS extra virgin olive oil
- 1 TBS lecithin
- 8 oz diluted non-sweetened cranberry juice\*

Upon waking on an empty stomach, combine all ingredients in a blender until smooth. Add honey, maple syrup or stevia extract to taste. \*To make diluted juice, place 1 cup juice in an empty quart and fill remainder with water.

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### Bitters Digestive Aid

Fill a glass with desired amount of ice, soda water, and a lime or lemon wedge. Add Angostora Bitters to taste and mix well. Angostora Bitters can be purchased at any liquor store. It contains an herb called Gentian, one of the most bitter tastes in the plant kingdom. It enhances digestion and sometimes settles an upset stomach.