



PEACH PASSIONFRUIT AND HONEY GINGER WELLNESS SHOT

Ingredients:

- 2TBS Peach Passion fruit Kombucha
 - 2TBS Honey Ginger White Balsamic Vinegar
 - (a drizzle of honey is optional)
- If this is too strong for you, feel free to add water to dilute it!

Benefits:

- Kombucha has various antioxidant and probiotic properties
- Promotes live bacteria
- Boosts overall health of the intestines
- Fights harmful organisms
- The prebiotics in the Kombucha encourage the number of good probiotics present in your body to multiply! This helps your body to fight disease effectively!
- Kombucha also aids in fat burning and weight loss, particularly in the abdomen.

Peach:

- Supports gut health and manages blood sugar
- Contains prebiotics which feed the beneficial bacteria in the gut which is tied to anti-inflammatory immunity and mood
- Supports immunity in 3 ways: provides vitamin c, provides vitamin a (which keeps lungs and organs healthy) and provides natural antimicrobial properties which help to fight off bacteria and other bugs that make you sick!
- Contains antioxidants, polyphenols & carotenoids - a ninja fighting free radicals!
- Key for brain health and reducing oxidative stress which causes Alzheimer's and cancer
- Contains beta carotene (supports healthy skin & protects skin from sun damage)
- Supports eye health and helps maintain blood pressure

Passion fruit:

- Vitamin a, potassium, magnesium, vitamin c, calcium, iron
- Rich in phosphorus, niacin and vitamin b-6
- Rich in antioxidants, reduces cellular stress

- Low glycemic index – doesn't cause increase in blood sugar after eating
- Boosts immune system *supports heart health *reduces anxiety

Ginger:

- High in antioxidants
- Anti inflammatory
- A bitter/bile
- Breaks down fat
- Prevents damage to DNA
- Anti carcinogenic
- Fights osteoarthritis
- Anti-bacterial
- Anti-viral

Honey:

- Anti- depressant, anti- convulsant, anti- anxiety benefits
- Helps prevent memory disorders
- Natural and healthy source of energy
- Provides many cardiovascular benefits & natural antioxidants
- Regulates cholesterol levels

Vinegar contains quercetin (bioflavonoids) which doctors recommend taking during cold and flu season! Rich in anti-oxidants and is anti-inflammatory!