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Dr. Bert's Cranberry Drink

Ingredients for Mixture:

For One Dose:

1. Water—six (6) ounces of water.
2. **Unsweetened*** Cranberry Juice—two (2) ounces or ¼ cup
3. Fresh squeezed lemon (or lime)—1/2 teaspoon
4. Apple Cider Vinegar—one (1) teaspoon
5. If taste of mixture is too strong add small amount of unfiltered apple juice.

It is recommended that you make and mix the entire combination together in a container the night before, and place it in the refrigerator, so that you have prepared the amount you should have in one day.

How to make a daily supply—three (3) servings; twenty-four (24) ounces of total liquid for one day's dose.

1. Water—eighteen (18) ounces about three (3) cups.
2. **Unsweetened*** Cranberry Juice—six (6) ounces.
3. Fresh squeezed lemon—one and one half 1-1/2 teaspoon.
4. Apple Cider Vinegar—three (3) teaspoons
5. Unfiltered apple juice only if taste is too strong (read unpalatable) but no more than 2-1/2 to three (3) ounces.

*It is essential that the Cranberry Juice be unsweetened; no more than two (2) grams of sugar the label should say—but preferably no sugar at all. Ideally, you can use fresh cranberries (about 1 ½ ounces per 24 ounces of water) and use a food processor to turn them to juice and then mix with the water and the rest of the ingredients.

This beverage can be augmented by adding **Spectramin** (15 drops), **Rehydration** (15 drops), and **Oxy-Pure** (60 drops).

Purpose for the Ingredients:

This mixture helps to support Liver, Kidney, Bladder and Urinary Tract, which are the body's filtration system. The ingredients are very high in potassium, and low in sodium. Because the liver and the kidney work together, they both must be supported.