

Nutrient dense, fiber rich foods are important for maintaining health. I have created a **Morning Fiber Drink** that is packed with nutrients, fiber and amino acids, and includes the added benefit of helping to support proper bowel pH.

Here are a few benefits of the ingredients in this drink:

**Flax seeds** - high in nutrients, omega 3 fatty acids, fiber and lignans.

**Chia seeds** - high in nutrients, fiber and protein.

**Complete Paleo \*** (protein powder) - a complete amino acid powder made from beef, with no added fillers or sweeteners and is tasteless.

**Apple cider vinegar** helps to support normal bowel pH, aiding in proper function.

The combination of these items makes for a tasty, healthy beverage. I look forward to having this drink every morning. I hope you will too!

I am available by email with any questions you may have.

With Health and Happiness,

Dr. Art

\*Complete Paleo is available at both of my offices.

### **Morning Fiber Drink**

1 tbsp fresh ground organic flax seed

¼ tsp fresh ground organic chia seed

1 tsp Complete Paleo protein powder (optional)

1-2 tbsp date syrup

2 tbsp organic apple cider vinegar (optional)

Put date syrup, apple cider vinegar and Complete Paleo in large cup and add boiling water to 2/3 full. Stir until completely mixed.

Grind flax and chia seeds in a clean coffee grinder until completely ground. Add ground mixture to cup and stir continuously to avoid clumping.

Add cold or hot water to fill the cup. Cold water for a warm drink or hot water for a hot drink. Stir before drinking and enjoy.