

Goddess Mother Healing Free Offerings

goddessmotherhealing.com

Melissa's Signature Drinking Blueberries



- 1 cup organic frozen blueberries
- 1 T. organic almond butter
- 1 T. organic coconut oil
- 1 scoop collagen powder
(I like Sunwarrior peptides www.sunwarrior.com)
- 1 t. organic cinnamon
- 1 t. organic vanilla

Fill well with your favorite oat or nut milk. I prefer Living Harvest Tempt Unsweetened Hemp Milk www.livingharvest.com. Drink for breakfast or an afternoon pick-me-up, preferably 2 hours after other meals. For an extra enzyme and antioxidant punch, add a cupful of sprouts or leafy greens.

Hot & Healthy Lemonade



- 1 raw organic whole lemon (fresh-squeezed)
- 2 cups of room temperature or warm filtered water
- Pinch of cayenne pepper or turmeric, your choice
- 1/4 t. raw organic ginger, chopped
- 1 t. blackstrap molasses or raw manuka honey if you must

Edgar Cayce, the Grandfather of holistic medicine, recommended first thing in the morning upon rising to take a glass of warm, fresh lemon water.

This helps break up congestion, boosts your immunity and aids in assimilation and elimination, kickstarting your liver after a night of clean-up while you slept.