

# Mark's Kitchen

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## Boost Your Hydration and Your Brain

Serves: 1

Ready in: 5 Mins

This recipe from my friend and [Broken Brain](#) expert, [Max Lugavere](#), is a refreshing tonic that will help lower inflammation, balance blood sugar, and provide important minerals and brain-protecting metabolites. I start every morning with a tonic like this to help detoxify my body and jumpstart my brain. You can enjoy this beverage warm or cold!

Ingredients:

- 1 tablespoon apple cider vinegar
- 1/2 teaspoon ground or fresh ginger
- 1/4 teaspoon powdered cinnamon
- 1 cup water
- Optional for the bold: 1 ml [liquid magnesium](#)

Step 1: Combine all ingredients and enjoy!