

The Snake Diet: How to Make Snake Juice

Here's the recipe to make snake juice at home. Please note you **MUST** use this exact recipe to prevent you from getting sick and you should not drink more than one snake juice per day.



RECIPE FOR THE SNAKE DIET

- ☐ 2L of water
- ☐ 1 tsp of potassium chloride (no salt brand)
- ☐ 1/2 tsp of sodium chloride (use Himalayan Pink Salt)
- ☐ 1 tsp of sodium bicarbonate (baking soda use the Redmill brand)
- ☐ 1/2 tsp magnesium sulfate (optional) (Food Grade Epsom Salts)
- ☐ *Add 8 tablespoons of apple cider vinegar and a splash of lemon to your snake juice while you are in phase one of this diet.