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.

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