



# 5 MORNING DRINKS TO FIRE UP YOUR METABOLISM & GLOW

## 5 MORNING DRINKS FOR GLOW, ENERGY & GUT HEALTH

HYDRATION • DETOX • GUT HEALTH • NUTRIENTS • ENERGY

*My daily ritual for hydration, detox, and all-day vitality*



### Water



### Beauty Detox Elixir



### Colostrum



### Greens



### Coffee

WATER  
BEAUTY  
DETOX  
ELIXIR



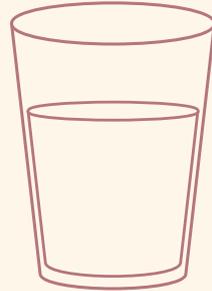
# *Why I Start My Day With 5 Beverages*

Mornings set the tone for your entire day. This ritual layers hydration, detox, gut health, nutrients, and energy so I feel radiant, focused, and ready to move. With this ritual, you're fueling your body at the cellular level — supporting metabolism, immunity, cognitive function and sustained energy so you can perform your best.

You don't have to start with all 5 at once, nor do you have to use my recommendations — begin with 1 or 2 and build from there. Consistency is what matters most.



# Room Temperature Water

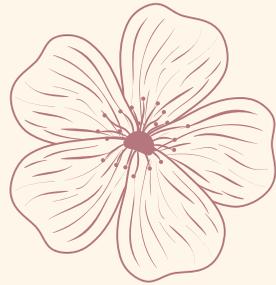


- Replenishes fluids after sleep
- Wakes up digestion gently (no shock to the system like water)
- Aids the liver in detoxification
- Prepares the body to absorb nutrients

(Pro Tip): Add lemon or a pinch of mineral salt for natural electrolytes.



# Beauty Detox Elixir



- **Balances pH + flushes toxins**
- **Supports lymphatic drainage**
- **Promotes clear, glowing skin**

**Special Note):** This is my exclusive DanceFit Form recipe — created to burn fat, boost detoxing and beauty from the inside out.

## 🌸 THE RECIPE

- ✓ 1 Tablespoon organic apple cider vinegar
- ✓ 2 ounces of water
- ✓ 4 ounces strawberry grapefruit blend (see below)

Stir all ingredients together in a pretty glass and enjoy!

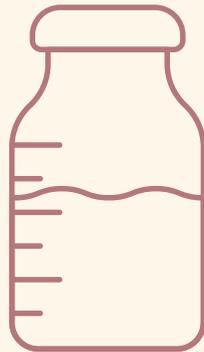
### Grapefruit Strawberry Blend:

- ✓ freshly squeezed juice of 5-6 Grapefruits
- ✓ Juice of 2 lemons
- ✓ 1/2 cup strawberries, fresh or frozen

**DIRECTIONS:**  
Blend the juices and fresh berries into a frothy juice in a high speed blender like a Vitamix. Store in a mason jar or glass bottle in the fridge. Lasts up to 5 days.



# Colostrum Superfood Drink



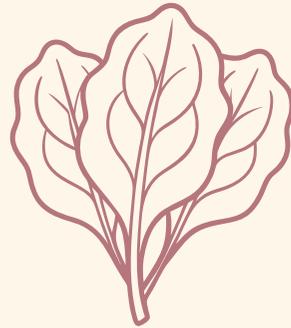
- Rich in *immune-boosting* factors
- Repairs and *strengthens the gut* lining
- *Reduces inflammation* and speeds recovery
- 💡 I personally recommend Armra Colostrum — it's one of the few options free of casein and with only trace lactose. That means it doesn't disrupt my gut (I have both lactose intolerance and casein allergy) — and many women with dairy sensitivities tolerate it well.

✨ *Fun fact: Colostrum was the ONE thing that helped me heal my gut after heavy antibiotic use.*

**BONUS:** It's also amazing for skin, hair, and tissue repair — a natural anti-aging edge.



# Greens Drink



- Delivers a spectrum of vitamins & minerals
- Provides antioxidants to fight daily stress
- Supports digestion with enzymes + fiber
- Helps alkalize the body
- I love and use Amazing Grass Energy.
- I blend the powder with fresh lemon or lime, or even a fresh pressed greens juice.
- I use both because the nutritional profile in the powder is robust.

Tip): Rotate formulas for variety and full coverage.  
Add organic, pure stevia to sweeten further.



# Coffee Upgrade



- Organic dark roast = clean energy without toxins.
- Adaptogenic mushrooms = calm focus, stress support. I recommend 7 Sacred Mushrooms
- Collagen = skin, joint, and muscle recovery. I recommend Ancient Nutrition for full- spectrum, clean- sourced collagen.
- I use whole coconut milk (canned) as my creamer of choice. MCT components make this stellar for fat burning.

(Pro Tip): Blend for a frothy latte-style texture.



# How They Work Together

## -The Flow-

**Hydration → Detox → Gut Health →  
Nutrients → Energy**

When layered together, these drinks build on each other. Hydration clears the way, detox pathways open, the gut absorbs, nutrients fuel, and energy sustains — the perfect foundation before moving your body. When paired with movement, these drinks unlock even greater results — helping you sculpt, energize, and reset your body from the inside out.



# Take your morning ritual to the next level

✨ These 5 beverages are just the start. Pair them with my **FREE No-Equipment Weekend Reset Workout** for an instant energy + metabolism boost.

- Join my [7-Day Body Reset & Detox](#) for a complete detox + fitness routines + lymphatic drainage and wood tool body sculpting techniques for a full-body transformation ✨

🎥 “Ready to put this into practice? Access your [FREE Weekend Reset Workout here.](#)”

Your best glow starts within.

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