



Immune Activation Juice

A bold citrus-ginger-garlic shot to wake up your defenses

If your immune system had an “on” switch, this would be it.

This Immune Activation Juice is a concentrated blend of ingredients designed to support your body’s natural defenses. It’s bold, earthy, slightly fiery, and meant to be taken in one intentional shot — not sipped slowly.

This isn’t a replacement for Fire Cider although some of the ingredients are the same. Fire Cider is the heavyweight champion — steeped, layered, and deeply infused. I always recommend making a batch and keeping it on hand. But if you haven’t made it yet, if it’s still steeping, or if you simply need something now, this quick mix delivers many of the same immune-supportive ingredients in minutes.

Every ingredient plays a role. Lemon and orange provide vitamin C and beneficial plant compounds that support immune signaling. Fresh ginger contains gingerol, known for its anti-inflammatory and antimicrobial properties. Garlic contains allicin, one of the most studied compounds for immune support. Turmeric contributes curcumin, which supports balanced inflammation, and the pinch of black pepper helps improve absorption. Apple cider vinegar has traditionally been used to support digestion and microbial balance. Cayenne brings heat and circulation, and a teaspoon of honey softens the intensity while offering its own antimicrobial benefits.

It’s real ingredients working together to nudge your system in the right direction.

Here’s the recipe

Ingredients

- Juice of 1 lemon
- Juice of 1 orange
- 1-inch piece fresh ginger, shredded (or 1 cube frozen Dorot ginger found at Trader Joes)
- 1 clove garlic, minced (or 1 cube frozen Dorot garlic)
- 1 teaspoon honey
- ¼ teaspoon dried turmeric
- Pinch of black pepper

- 1 tablespoon apple cider vinegar
- Pinch of cayenne pepper
- 1–2 ounces warm water

Instructions

Add all ingredients to a small glass and stir well until the honey dissolves completely. Take a deep breath and drink it all at once. Follow with a sip of water if needed.