

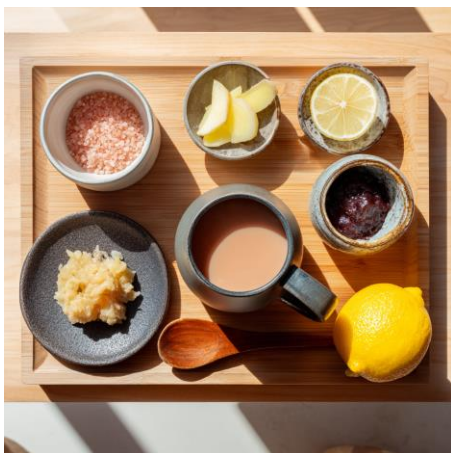
# Japanese Zepbound Recipe (Drink + Free PDF)

This Japanese Zepbound Recipe is inspired by traditional Japanese wellness practices. Made with pink salt, ginger, and umeboshi plum, it's a warm morning drink that supports digestion, reduces cravings, and promotes gentle hydration. It's become known as the 'natural Mounjaro' for a reason.



## Ingredients

- 1 cup warm water (not boiling)
- 1/8 teaspoon pink Himalayan salt
- 1/2 teaspoon fresh grated ginger
- 1 small umeboshi plum, mashed
- Optional: 1/2 teaspoon lemon juice or apple cider vinegar



## Step-by-Step Instructions

1. Warm the water until it's comfortably drinkable, about 120°F.



2. Stir in the pink Himalayan salt until dissolved.



3. Grate the fresh ginger and stir it into the salted water.



**4. Mash the umeboshi plum using a spoon and mix into the drink.**



**5. If desired, add lemon juice or apple cider vinegar for added benefits.**



**6. Sip the drink slowly on an empty stomach, ideally first thing in the morning.**

### **Tips for Best Results**

- Drink it first thing each morning for 5 days to track benefits.
- Use filtered water and organic ingredients for best results.
- Store umeboshi plums in the fridge to keep them fresh.
- If you don't have umeboshi, lemon juice is an effective substitute.
- Pair this drink with mindful eating habits for natural support.