



TIER 1 LIVING

Heart Wellness Infusion

Garlic • Ginger • Lemon • Apple Cider Vinegar • Honey • Ceylon Cinnamon • Cayenne

A research-informed, everyday wellness ritual

This whole-food infusion combines garlic, ginger, lemon, apple cider vinegar, raw honey, Ceylon cinnamon, and ground cayenne pepper in a practical daily blend. Each ingredient has been studied for cardiometabolic or whole-body health markers; together, they create an easy, consistent way to bring research-studied foods into hydration, tea, and nourishing meals.

One-quart formula

Garlic	10–12 cloves, peeled and smashed
Fresh ginger	1/2 cup, thinly sliced or coarsely grated
Lemon	1 small lemon, thinly sliced; seeds removed
Ceylon cinnamon	1 stick, broken in half, or 1/2 tsp ground
Ground cayenne pepper	1/4 teaspoon
Raw apple cider vinegar	2–2 1/2 cups; enough to cover solids
Raw honey	1/2 cup, plus more to taste after straining
Optional fresh turmeric	1–2 tbsp, thinly sliced or grated

Research-informed ingredient benefits

Garlic	Human trials of garlic preparations show reductions in blood-pressure and lipid-related markers.
Ginger	Randomized-trial reviews show improvements in glycemic measures, triglycerides, and blood-pressure markers.
Apple cider vinegar	Clinical-trial meta-analyses show lower fasting glucose, HbA1c, and total-cholesterol markers.
Ceylon cinnamon	Randomized-trial reviews report improvements across glucose, lipids, blood pressure, inflammation, and oxidative-stress markers.
Lemon	Provides vitamin C, an antioxidant nutrient that supports normal cell protection and collagen formation.
Raw honey	Controlled-feeding trials show favorable shifts in fasting glucose and several lipid markers when used in place of refined sugar.
Optional turmeric	Clinical-trial research shows reductions in LDL and triglyceride markers with turmeric/curcumin interventions.

Cayenne pepper	Cayenne pepper contains capsaicin, a plant compound associated with circulatory and cardiovascular support along with lower cardiovascular mortality. Regular use of cayenne in foods, water, or capsules supports better blood flow through more open vessels, less resistance or “pressure” for the heart to pump against, and support for arterial-wall integrity. Studies have found that people who regularly eat chili peppers sometimes have lower cardiovascular mortality.

The combination

The value of the blend is its combined support for key cardiometabolic domains studied across its ingredients—blood pressure, blood sugar, cholesterol and triglycerides, antioxidant capacity, and inflammatory balance—while making those foods enjoyable and easy to use every day. This is a research-informed food ritual within a broader heart-conscious lifestyle.

Preparation & use

1. Wash and dry ingredients. 2. Smash garlic and rest 10 minutes. 3. Add solids to a clean quart jar, including 1/4 teaspoon ground cayenne pepper. 4. Cover completely with ACV, leaving 1/2 inch headspace; add honey. 5. Use a plastic lid or parchment beneath metal. Refrigerate immediately; shake daily for 14 days. 6. Strain, sweeten to taste, and refrigerate. Stir 1 tablespoon into at least 8 ounces of water, tea, or sparkling water.

A grounding daily ritual

For veterans and others carrying the weight of high-stress experiences, preparing a warm or chilled drink, sharing it with community, or adding it to a nourishing meal can be a small act of pause, grounding, and personal care. It complements a whole-person routine of hydration, nourishing food, movement, rest, connection, and appropriate professional support.

Food product note

This is a culinary pantry infusion made from food ingredients. It is designed to promote heart health as part of an overall lifestyle. Selected research Garlic BP meta-analysis: Ried et al., 2016, J Nutr. Garlic BP trials: Ried et al., 2020, Exp Ther Med. Ginger RCT meta-analysis: Rjabi et al., 2026. Apple cider vinegar meta-analysis: Hadi et al., 2021, BMC Complement Med Ther. Cinnamon GRADE review/meta-analysis: 2025, BMC Complement Med Ther. Honey controlled-trial meta-analysis: Khan et al., 2023, Nutr Rev. Turmeric/curcumin lipid meta-analysis: Sahebkar et al., 2017. Vitamin C fact sheet: NIH Office of Dietary Supplements, 2026.