

Actor's Brew

A little concoction to help your instrument weather the changing seasons, allergies, and colds.



Mix 2 TBSP Each in Hot Water

Choose a brand of Apple Cider Vinegar like Bragg (Organic, Raw) which has the "Mother" culture. ACV should have a murky, cloudy appearance.



Sprinkle generously with Cinnamon.

Enjoy with a cup of your favorite tea.