DRINKS & SMOOTHIES

This Papaya Shake Flattens the Belly, Cleanses the Colon And Removes All Surplus Body Fat

By bestfolkmedicine · 16/06/2018 · 2 min read



If you want to lead a healthier and happier life, it is of great importance to adopt a balanced diet and be more physically active and introduce exercising as well! Though in the beginning one may find all of these changes a bit difficult and challenging, it is important not to quit and be dedicated and consisted! The positive changes are definitely worth it and you will never want to go back to your previous, unhealthy habits, for sure!

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

The Advantages of Leading a Healthy Lifestyle

- Increases the energy levels
- Averts health-related problems
- Cleanses the whole body from toxins

The Importance of External Colon Cleansing

Taking into consideration that the colon is the crucial organ for removal of waste from the body, it is good to know beneficial ways how to enhance its functions since nowadays, we are exposed to a much higher amount of waste from the foods we eat and the environment.

With this in mind, in today's article we decided to present you a recipe for the most powerful, yet simple-to-prepare whole-body-cleansing shake. With its regular consumption, you will enhance the removal of waste from the whole body, not just the colon, and also provide pivotal nutrients and vitamins for your body.

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The Recipe

You will need:

Half a cup of water or almond milk

Half a cup of oatmeal, gluten-free

Quarter cup of papaya

Quarter tbsp of cinnamon

Honey, optional

Preparation: Place all of the ingredients in a blender and mix for several minutes until you get a homogeneous texture. Transfer it into a tall glass and add a tsp of honey if you want to.

Use: Consume a glass of the shake in the morning, prior to breakfast.

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The Benefits of the Shake

- *Alleviates tiredness*
- *Regulates the blood sugar levels*
- *Energizes you*
- *Lowers stress*
- *Cleanses the organs of waste, especially the colon*
- *Betters the quality of the skin*
- *Lowers the chance of cardiovascular illness*
- *Purifies the arteries*
- *Balances the blood cholesterol levels*
- *Burns surplus belly fat*
- *Enhances the metabolism*

The Health Benefits of Papaya

- Elevates lactation
- Prevents arthritis
- Effective against wounds
- Enhances the cardiovascular health
- Strengthens the immunity

The Health Benefits of Oat

- Relieves PMS symptoms
- Resolves constipation
- Balances the blood pressure
- Helps you sleep better
- Assists with weight loss

- Fights off cancer

Sources:

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