HEALTHY NEWS

3-Ingredient Powerful Medicinal Tonic to Detox the Liver & Kidneys

By bestfolkmedicine · 21/11/2018 · 1 min read

You have probably heard about body detoxification, but do you know why it is so important? Namely, regularly cleansing the body from harmful toxins and accumulated waste is known to better the functioning of the internal organs, strengthen the immunity, and avert diseases. Of course, this needs to be done in accordance with a healthy diet. When it comes to body detox, it is pivotal to mention beet kvass or a healing tonic which is very common in the east of Europe. It is abundant in beneficial nutrients and we will show you how to make it in only few steps! Amazing, right?

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Recipe for Beet Kvass

You will need:

4 beets

A tbsp of Himalayan salt

Water, filtered

Lemon and ginger to taste

A jar

Cheesecloth

Preparation: Wash, but do not peel the beets and then cut them into small cubes. Put them in the jar and fill the jar with water, making sure you leave one-inch space from the top. Then, add the salt and

a bit of lemon juice and some ginger. Close the jar with the cheesecloth by attaching it with a rubber band. Leave the jar on the kitchen counter for 5 days and check it daily; open it and remove any foam formed on the top of the content. Once the tonic becomes deep red, take off the cheesecloth and close the jar with its lid and keep it in the fridge.

Use: 3 oz. per day.

Why Should You Consume Beet Kvass?

- ***Beets have the ability to cleanse the liver and kidneys and they can enhance the digestion***
- ***Fermented foods are good for the intestines and will supply you with probiotics and enzymes***
- ***Regular consumption will regulate your bowel movements and alkalize the blood***

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