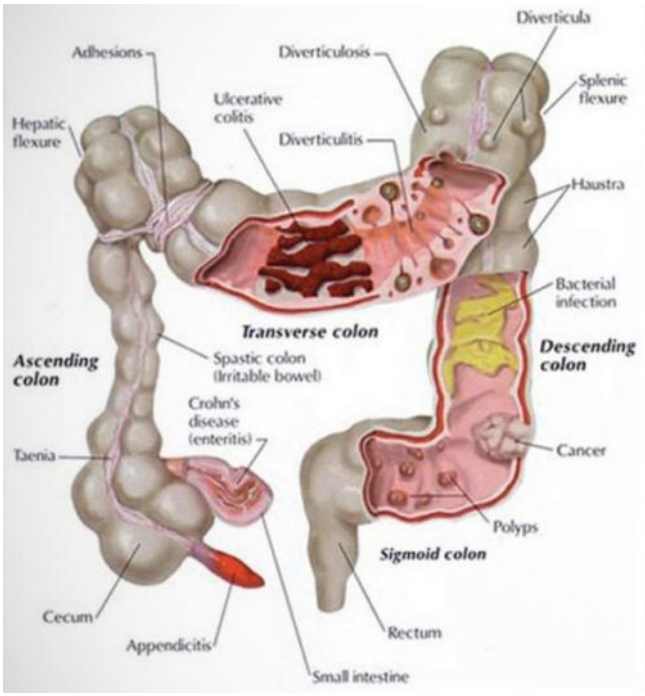
GRANDMA'S REMEDIES

Lemon, Apple & Ginger Combo to Flush Out Pounds of Toxins

By bestfolkmedicine · 18/02/2019 · 2 min read





Nowadays, a lot of people are complaining of digestive issues, including diarrhea and constipation. According to a lot of experts, the health of our gut is closely tied with our overall health and thus, by bettering our digestive (gut) health, we significantly improve our overall health and well-being.

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

Unfortunately, nowadays, it is not easy to maintain an optimal gut health because of our excessive exposure to all kinds of toxins-from the food we eat or the air we breathe.

Believe it or not, the average individual with an average weight may have up to 20 pounds of toxins and the number is even higher in overweight people. When not removed timely, buildup of feces in the

intestines can lead to body imbalance and obesity, cancer, and other illnesses.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

This being said, it is important to regularly detoxify our body. One beneficial cleanse can be performed with homemade and natural juices. We will share one such juice in today's article…

Apple, Ginger & Lemon Juice Recipe

You will need:

A cup of fresh apple juice

2 tbsp of lemon juice

A tbsp of ginger juice

A tsp of sea salt

½ cup of warm water

Preparation: Mix the warm water and the salt until it melts. Then, add the juices and stir well. The drink is ready for consumption…

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Use: Drink one glass in the morning before breakfast.

Make sure you also consume a lot of water to additionally boost the cleansing effect.

The Health Benefits of the Ingredients

This homemade beverage is abundant in minerals, vitamins, and antioxidants and it will help you strengthen the immunity and fight off illnesses and infections. Ginger is a popular spice which is known for its antioxidant power and the ability to fight off inflammation. And, it also has a beneficial and healing effect on the gut health- it will help decrease nausea and vomiting and can help relax the intestines.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Apples are one of the healthiest fruits in the world and are rich in important nutrients. They can help strengthen the immunity and lower the chance for heart disease. And, apples will help you balance

the bad cholesterol remove bad bacteria from the oral cavity.

Lemon juice will provide your body with vitamin C and its antioxidants will help balance your weight. And, it can have a positive impact on the digestion and can encourage bowel movement.

Sources:

UNDERSTANDING COMPASSION

SIMPLE CAPACITY

Read online: https://bestfolkmedicine.com/2019/02/lemon-apple-ginger-combo-to-flush-out-pounds-of-toxins/

Downloaded on 26/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.