DRINKS & SMOOTHIES

4 All-Natural Detox Tea Recipes to Cleanse the Body & Mind

By bestfolkmedicine · 12/03/2019 · 2 min read



Lean and fit body, a healthy mind, and soft skin are traits we all want, right? However, in order to have all three, we need to follow a workout plan and eat a healthy diet. But, it is also crucial to detoxify the body with the right detox methods.

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Regular body cleanses are also important because of our daily exposure to all kinds of toxins from our diets, the air we breathe, the skin-care products we use, etc. When the toxins stay in the body for a prolonged period of time, it can cause a number of problems and worsen the health!

One of the best natural ways to detox the body is by making specific changes and drink powerful detox teas.

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4 Natural Detox Tea Recipes

- **Green tea**

This drink is abundant in antioxidants and it can strengthen the immunity and lower the risk of flu, asthma, etc.

To prepare it, you need:

A tbsp of green tea

A cup of water

Preparation: Put the tea on top of a colander and then put it on top of the cup you will pour the tea in. In the meantime, bring the water to heat and remove it before it reaches the boiling point. Now, begin pouring the water through the colander into the cup. Cover the cup and leave it for 3 minutes and then sweeten it with some honey if you like. Enjoy while warm.

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- **Celery tea**

Celery is a veggie rich in antioxidant and diuretic abilities and helps remove toxins and surplus liquid from the body.

You will need:

4 cups of water

Several celery plant leaves

Preparation: Bring the water to boil and before it reaches the boiling point, add the celery. Cook for 3 more minutes and turn off the stove. Cover the content and leave it for 3 minutes and then strain it into a cup. Sweeten it with honey if you want to.

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- **Lemon tea**

Being rich in vitamin C, lemon is a well-known antioxidant and antiseptic which will fight off free radicals associated with premature aging.

You will need:

4 cups of water

Peel from two lemons

Juice from two lemons

Preparation: Boil the water and then add the peel. Leave it for 10 minutes before adding the lemon juice. Add a tsp of honey if you want a sweeter taste.

- **Thyme tea**

Thyme's antiseptic and disinfectant properties are highly beneficial in improving the liver's function. This is crucial if we take into account that the liver and the kidneys are the major detox organs.

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You will need:

2 tbsp of ground thyme

2 cups of water

Preparation: Bring the water to boil and once it starts to boil, turn off the stove and add the thyme. Cover the content and leave it for 5 minutes. Then, strain it into a cup. Sweeten it with honey or stevia.

Sources:

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