DRINKS & SMOOTHIES

The Secret Detox Beverage: Boosts the Health & Removes all Toxins

By bestfolkmedicine · 19/04/2019 · 2 min read



Do you feel tired and exhausted? Do you feel that your energy is much lower than usually? If yes, you should definitely try this "secret" detox beverage which has the ability to detoxify the body and rejuvenate you from the inside out.

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Nowadays, more than ever before, detox drinks have been a part of numerous healthy diets and regimes because they may help expel toxins and chemicals from the body and boost the level of energy in the body. You just need several natural ingredients and a spoon and you are good to go!

The detox drink is easy-to-prepare and it contains lemon, apple cider vinegar, ginger, cinnamon, and cayenne pepper. In addition to being energizing, it is also refreshing and delicious and it will easily become your favorite beverage!

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What Are the Health Benefits of this Detox Drink?

Sadly, these days, it has become more difficult than ever before to stay away from toxins and chemicals which are practically all around us. From hiding in our clothes, furniture, food, soaps, and shampoos and being present in polluted air, toxins are constantly attacking us and our immunity.

This is where this secret detox drink can help because it will remove toxins and chemicals and fight off tiredness and moodiness, but also reduce bloating and pain. Other benefits of this amazing drink are the following:

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- **Boosts the metabolism and digestion**
- **Detoxifies the liver and lymphatic system**
- **Alkalizes the body**
- **Optimizes the skin health**
- **Strengthens the immunity**
- **Reduces inflammation**

Secret Detox Drink Recipe

You will need the following ingredients:

A glass of warm water

2 tbsp of apple cider vinegar

2 tbsp of lemon juice

1 tsp of ginger powder

¼ tsp of cinnamon

A dash of cayenne pepper

A tsp of raw honey

Preparation: In a bigger glass, mix the ingredients well to get a homogeneous blend. Drink while warm. Enjoy!

Want to learn more about this powerful detox remedy? No worries- check out the video shown below:

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Sources:

DR AXE

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