DRINKS & SMOOTHIES

This 2-Minute Detox Drink Helps Burn Fat, Fight Off Diabetes & Lower Blood Pressure

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



Do you want to remove all deposits of toxins in your body and boost your overall health? If yes, you have come to the right place!

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In today's article, we will present an easy-to-make, yet potent all-natural detox drink that will help you thoroughly detoxify your organism. Moreover, by consuming it regularly, you will speed up your metabolic rate, balance your blood pressure, eliminate surplus fat deposits, and help you fight off diabetes.

You need not spend a small fortune on the ingredients because you probably already have them in your kitchen. Continue reading our article to check out the recipe in detail…

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DIY Detox Drink with Cinnamon & Lemon

You will need the following ingredients:

A tsp of cinnamon

2 tbsp of lemon juice

A tbsp of organic honey

2 tbsp of organic ACV

A glass of water

Preparation: Place all of the ingredients in a blender and blend for a minute or two or until you get a homogeneous mixture. Transfer the smoothie into a glass and drink it right away.

Use: Consume one glass in the morning before breakfast, every day for a period of 3 months.

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Why Is this Detox Drink so Powerful?

- Cinnamon is one of the most potent spices because it has the capacity to regulate the glucose levels and improve the insulin sensitivity
- According to a study, type 2 diabetes patients who were using a supplement from an ingredient present in cinnamon experienced balanced levels of insulin, glucose, and cholesterol
- Lemon juice is abundant in flavonoids, compounds known to contain antioxidant abilities, as well as vitamin C which is yet another potent antioxidant. Lemon will therefore help eliminate the free radicals and strengthen your immunity
- Apple cider vinegar can balance your blood pressure when consumed regularly with the help of the acetic acid found in it and this has been proven in a study published in the Bioscience, Biotechnology, and Biochemistry Journal
- Honey is full of beneficial nutrients, including enzymes, vitamins, minerals, and polyphenols

Sources:

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