DRINKS & SMOOTHIES

All Natural “Secret” Detox Drink Recipe For Full Body Detox

By bestfolkmedicine · 21/08/2019 · 2 min read



Do you feel down and low on energy? Do you want to cleanse your body from the inside out and rejuvenate yourself? If yes, this all-natural detox drink could be what you need!

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

It helps expel toxins and boosts the energy. In a matter of several minutes, you can easily prepare this refreshing and detoxifying drink which contains some pretty amazing ingredients, that is, lemon juice,

ginger, cinnamon, cayenne pepper, and cinnamon.

It's without doubt energizing and refreshing so it could give you the right boost to go on with your busy day.

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If we take into account our daily exposure to chemicals from our foods, furniture, clothes, shampoos, soaps, environment, and more, it's good to know that there are ways (like this detox drink!) to fight off the tiredness, bloating, and moodiness from the toxic overload.

The Recipe for the Secret Cleansing Drink

- Warm up 12 ounces of water
- Add 2 tbsp of apple cider vinegar in the water
- Add 1 tsp of ground ginger
- Add ¼ tsp of cinnamon powder
- Add a dash of cayenne pepper
- Add 2 tbsp of lemon juice, freshly squeezed
- Mix in a tsp of raw honey, optional
- Combine everything together with a spoon and enjoy it right away

Consume it prior to breakfast or lunch.

Extra Tip

If you want a more extreme cleanse, consume the beverage three times per day, for 20 minutes prior to meals, for a period of two weeks.

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

What Are the Benefits of the Ingredients?

- ***Apple cider vinegar can better the metabolic rate and digestion and helps detoxify the liver and lymphatic system***
- ***Lemon juice is known for its alkaline effect and regulates the pH levels, cleanses the body, elevates the energy, and boosts the skin glow, and it's good for the immunity***

- ***Cayenne pepper, ginger, and cinnamon contain compounds that can be of aid for reduction of inflammation, better digestion, and faster metabolic rate, which is beneficial for weight loss***
- ***Raw honey is packed with nutrients and antioxidant power***

Sources:

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