FRUITS & VEGGIES

How to Make the Detox Water that Helps You Flush Out Fat from the Body

By bestfolkmedicine · 24/03/2021 · 2 min read



Thanks to this popular and healthy detox water, you'll heal bloating and enjoy a flat belly naturally.

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

The key of the detox water is combining the right herbs and fruits and reap their cleansing and anti-inflammatory advantages.

Drinking water is essential and it's even better when we add some herbs and fruits to it to make it more nutritious and tastier.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });
Although it's become popular for its slim belly benefits, it will also help you feel much better overall because it will keep the body optimally hydrated. When the body's hydrated, it functions optimally-your digestion is better and your skin will glow.

Although you may think that you'll need some unusual ingredients to make regular detox water, it's actually pretty simple. You just need some yummy fruits and herbs.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
This one is made using grapefruit and rosemary. It cleanses the digestive system and promotes a flat belly.

DIY Detox Water with Grapefruit & Rosemary

You'll need:

4 cups of water, filtered

1 grapefruit

3 sprigs of rosemary

Prep:

Cut the grapefruit into smaller pieces. Leave the skin for extra nutrients, but remember to rinse it thoroughly first.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Add it to a pitcher or into several drinking containers. Then, press the sprigs of rosemary between your palms or fingers to release its oils and put it into the pitcher/containers.

Pour water and transfer the containers into the fridge, for at least 15 minutes. It can also stay for up to 48 days.

The Health Benefits of the Ingredients

Grapefruit is:

- ***Abundant in antioxidants***
- ***Helping you manage your appetite***
- ***Low in calories***
- ***Helpful in lowering your risk of kidney stones***
- ***Rich in vitamin C (64 percent of the RDA!)***
- ***Rich in vitamin A (28 percent of the RDA)***
- ***Awesome to balance the blood sugar levels***

Rosemary is:

- ***Full of antioxidants***
- ***Anti-inflammatory***
- ***An awesome cognitive stimulant- helps you keep a good memory***
- ***Great for reducing stress (even its scent is believed to boost the mood)***

Sources:

HEALTHY FOOD HOUSE

SIMPLE GREEN SMOOTHIES

Read online: https://bestfolkmedicine.com/2021/03/how-to-make-the-detox-water-that-helps-you-flush-out-fat-from-the-body/
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