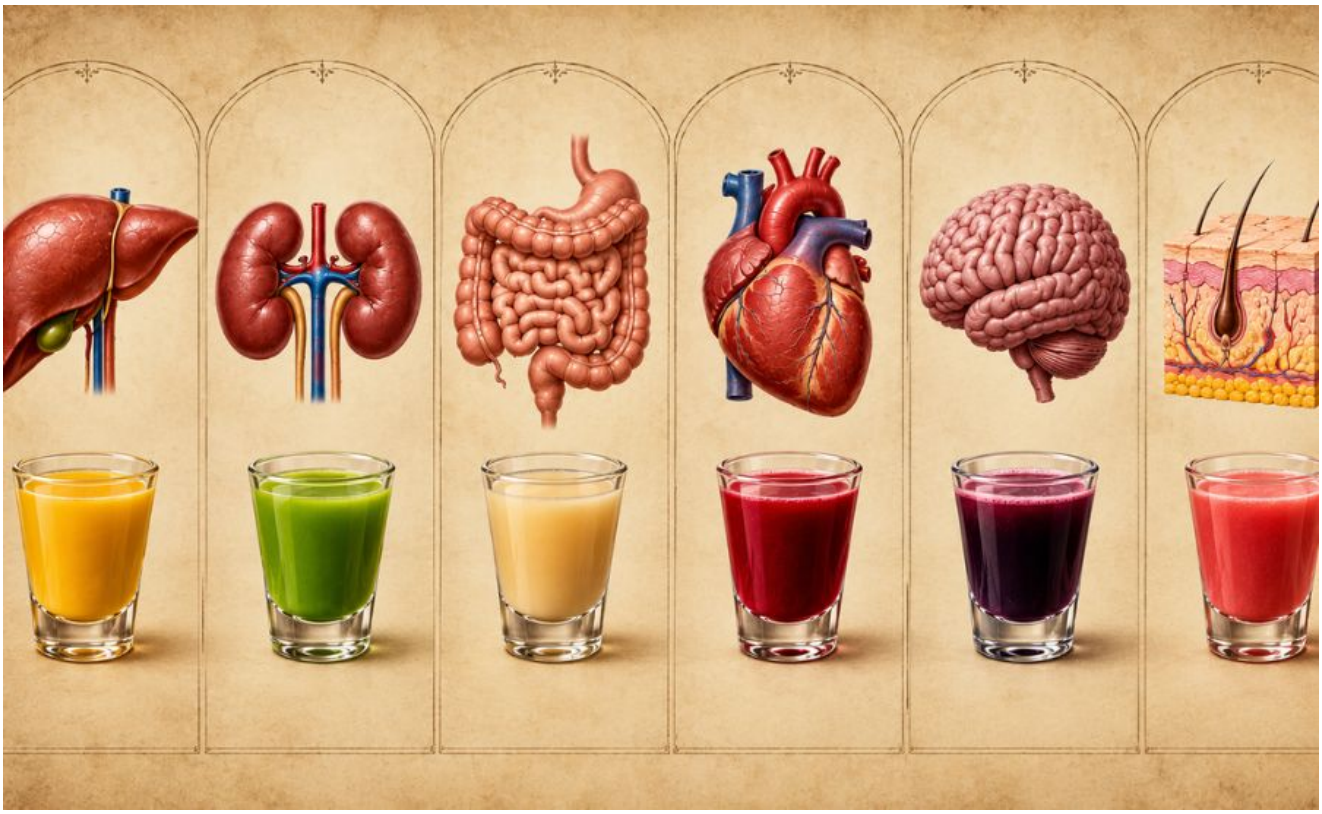
HOME

Forget Expensive Supplements:These 7 Homemade Shots Are Packed With Nutrients It Needs

By bestfolkmedicine · 30/10/2026 · 10 min read



Feeling sluggish, bloated, mentally exhausted, or simply not as energetic as you used to?

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Your body works around the clock to keep you functioning. Your liver processes nutrients and medications, your kidneys filter waste from the bloodstream, your digestive system breaks down

food, and your heart delivers oxygen and nutrients throughout your body.

These processes require a steady supply of water, vitamins, minerals, and other essential nutrients.

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That's why small, concentrated drinks made with fresh vegetables, fruits, and herbs have become increasingly popular.

From ginger and turmeric to beetroot, blueberries, cucumber, and leafy greens, everyday ingredients contain compounds that contribute to normal bodily functions.

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Many people call these drinks detox shots.

But here's something important: your body already has its own detoxification systems. No homemade shot has been proven to flush toxins from a specific organ or reverse organ damage.

What these drinks can do is provide fluids, nutrients, and plant compounds that complement a balanced diet.

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Here are seven homemade wellness shots, each featuring ingredients associated with a different aspect of health.

1. The Golden Liver Wellness Shot

Turmeric, carrot, ginger and lemon

Your liver performs hundreds of essential functions.

It processes nutrients, metabolizes medications, produces bile, and helps remove certain waste products from your bloodstream.

Although the liver doesn't require special cleansing drinks, a nutritious diet can support overall metabolic health.

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Turmeric contains curcuminoids, plant compounds studied for their antioxidant and anti-inflammatory properties.

Carrots provide beta-carotene, while ginger adds natural flavor and bioactive compounds.

Ingredients

- ½ small carrot, chopped
- ½ teaspoon freshly grated ginger
- ¼ teaspoon ground turmeric
- 1 tablespoon fresh lemon juice
- ¼ cup water
- A small pinch of black pepper (optional)

Preparation

Blend the carrot, ginger, turmeric, lemon juice, and water until smooth. Add a little more water if necessary.

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Strain if preferred, although keeping the pulp provides more dietary fiber.

Serve fresh in a small glass.

Potential benefits: Provides beta-carotene and plant compounds as part of a nutritious diet. However, drinking this shot has not been shown to detoxify the liver or treat fatty liver disease.

Important: Food-level turmeric is generally well tolerated, but concentrated turmeric supplements have been associated with liver injury in some individuals. People with liver or gallbladder conditions should seek medical advice before using concentrated herbal products.

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2. The Green Kidney Hydration Shot

Cucumber, mint and lemon

Your kidneys continuously filter the blood, maintain electrolyte balance, and regulate the amount of water your body retains.

Adequate hydration helps these organs perform their normal functions.

Unfortunately, many people drink very little water throughout the day.

A refreshing vegetable shot can contribute to daily fluid intake, although it should never replace drinking sufficient water.

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Ingredients

- ¼ medium cucumber
- 5 fresh mint leaves
- 1 teaspoon lemon juice
- ¼ cup cold water
- 1 small slice of peeled apple (optional)

Preparation

Wash all ingredients thoroughly.

Chop the cucumber into small pieces and combine it with mint, lemon juice, water, and apple if using.

Blend until smooth.

Drink immediately, or refrigerate briefly before serving.

Potential benefits: Contributes fluid and small amounts of nutrients. Cucumber provides water, while mint adds flavor without requiring added sugar.

Important: This drink does not cleanse the kidneys or dissolve kidney stones. People with kidney disease may need individualized fluid and dietary restrictions.

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3. The Ginger Gut Comfort Shot

Ginger, pear and chamomile

Digestive discomfort is one of the most common reasons people turn to natural remedies.

Occasional nausea, bloating, and feelings of fullness can occur after large meals, dietary changes, or stressful periods.

Ginger has been studied for several types of nausea, with the strongest evidence relating to certain specific situations, including pregnancy-related nausea.

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Chamomile is traditionally consumed as a soothing herbal tea, although evidence for treating digestive disorders remains limited.

Ingredients

- ½ teaspoon freshly grated ginger
- 2 tablespoons ripe pear, chopped
- ¼ cup cooled chamomile tea
- 2 tablespoons water

Preparation

Prepare chamomile tea and allow it to cool completely.

Blend the pear, ginger, tea, and water until smooth.

Serve at room temperature or slightly chilled.

Potential benefits: Provides fluid and a small amount of ginger, which has evidence for some forms of nausea. This particular homemade recipe has not been clinically tested.

Important: Ginger can aggravate heartburn in some people. Chamomile may cause allergic reactions in individuals sensitive to plants in the daisy family.

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4. The Ruby Heart & Circulation Shot

Beetroot, pomegranate and ginger

Your cardiovascular system continuously transports oxygen and nutrients throughout the body.

Healthy blood circulation depends on many factors, including blood pressure, blood vessel function, physical activity, and overall metabolic health.

Beetroot is particularly interesting because it contains naturally occurring dietary nitrates.

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The body can convert dietary nitrates into nitric oxide, a signaling molecule involved in blood vessel relaxation.

Clinical studies suggest that certain beetroot juice preparations may modestly reduce blood pressure, although findings vary and benefits depend on the dose and preparation.

Ingredients

- ¼ small cooked beetroot
- 2 tablespoons unsweetened pomegranate juice
- ¼ teaspoon freshly grated ginger
- ¼ cup water

Preparation

Chop the cooked beetroot into small pieces.

Blend with pomegranate juice, ginger, and water until smooth.

Serve chilled.

Potential benefits: Supplies dietary nitrates and polyphenols. The effect of this specific small shot on blood pressure has not been established.

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Important: Beetroot contains oxalates and may not be suitable in large quantities for people prone to calcium oxalate kidney stones. Those taking blood-pressure medication should avoid assuming the drink can replace treatment.

5. The Blueberry Brain & Focus Shot

Blueberries, walnuts and cinnamon

The brain requires a continuous supply of energy, oxygen, and nutrients to function properly.

Dietary patterns that emphasize fruits, vegetables, nuts, and unsaturated fats are associated with better long-term cardiovascular health and may support cognitive health.

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Blueberries contain anthocyanins, naturally occurring pigments responsible for their deep blue-purple color.

These compounds have attracted scientific interest because of their antioxidant properties and potential effects on vascular and cognitive function.

However, no single food has been proven to prevent dementia or immediately improve memory.

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Ingredients

- ¼ cup fresh or frozen blueberries
- 1 walnut half
- A small pinch of cinnamon
- ¼ cup water
- 1 teaspoon lemon juice

Preparation

Blend all ingredients until smooth.

Add additional water if the consistency is too thick.

Serve fresh.

Potential benefits: Provides anthocyanins, small amounts of healthy fats, and other nutrients.

Important: This drink is nutritious but cannot treat memory loss or prevent Alzheimer’s disease. Persistent cognitive changes require medical assessment.

6. The Citrus Immune Nutrition Shot

Orange, kiwi and carrot

As temperatures fall and respiratory infections become more common, immune health becomes a major concern.

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Vitamin C plays an essential role in normal immune function.

It also contributes to collagen formation and helps protect cells from oxidative damage.

Kiwi and citrus fruits are useful sources of vitamin C, while carrots provide carotenoids.

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However, consuming extra vitamin C does not guarantee protection against colds or influenza.

Ingredients

- ½ small orange, peeled
- ½ ripe kiwi, peeled
- 2 tablespoons finely chopped carrot
- ¼ cup water

Preparation

Place the orange, kiwi, carrot, and water into a blender.

Blend until smooth and drink fresh.

Avoid unnecessary straining to preserve more fiber.

Potential benefits: Provides vitamin C, carotenoids, and other nutrients important for normal immune function.

ezstandalone.cmd.push(function () { ezstandalone.showAds(146); });
Important: This shot does not prevent or cure respiratory infections. Vaccination, hand hygiene, sleep, and adequate nutrition remain important preventive measures.

7. The Green Skin & Hydration Shot

Cucumber, strawberries and parsley

Healthy skin relies on adequate nutrition, hydration, and protection from environmental damage.

Vitamin C contributes to normal collagen production, while dietary antioxidants help protect cells against oxidative stress.

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Strawberries are a useful source of vitamin C, and cucumber contributes water.

Parsley adds flavor and small amounts of micronutrients.

These ingredients can fit into a skin-supportive dietary pattern, although they cannot erase wrinkles or reverse skin aging.

Ingredients

- ¼ small cucumber
- 2 medium strawberries
- 1 teaspoon chopped fresh parsley
- ¼ cup water
- 1 teaspoon lemon juice (optional)

Preparation

Wash all ingredients thoroughly.

Chop the cucumber and strawberries.

Blend everything until smooth and serve immediately.

Potential benefits: Provides fluid, vitamin C, and plant compounds.

Important: This drink does not remove toxins through the skin or treat dermatological conditions. People taking warfarin should maintain a consistent vitamin K intake and discuss substantial dietary changes with their clinician.

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Can You Drink All Seven Shots in One Day?

Just because these ingredients are natural doesn't mean consuming large amounts is always beneficial.

Most of these recipes produce approximately one small serving, depending on the size of the ingredients and the amount of water used.

There is no established medical reason to drink all seven shots daily.

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In fact, consuming numerous concentrated juices can increase sugar and acid exposure without necessarily improving nutrition.

For most healthy adults, choosing an occasional shot as part of a balanced diet is a more practical approach.

Whole fruits and vegetables often offer additional advantages because they provide fiber and encourage greater dietary variety.

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Why Homemade Shots Are Not the Same as Medical Detoxification

The term detox is frequently used in wellness advertising, but it can create confusion.

The body already removes and processes waste substances through several organs.

The liver converts numerous compounds into forms the body can metabolize or eliminate.

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The kidneys filter blood and excrete many waste products through urine.

The digestive tract helps eliminate unabsorbed material, while the lungs remove carbon dioxide.

These systems function continuously.

There is currently insufficient high-quality evidence that juice cleanses or homemade detox drinks remove unspecified toxins from the body.

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Some aggressive cleansing programs can even cause dehydration, electrolyte abnormalities, and inadequate nutrient intake.

This is why evidence-based nutrition focuses on maintaining normal organ function rather than repeatedly attempting to cleanse healthy organs.

Five Mistakes to Avoid When Making Homemade Wellness Shots

Even simple homemade drinks require sensible preparation.

Using too much ginger or turmeric: Large amounts may cause digestive irritation, and concentrated herbal preparations can interact with medications.

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Replacing meals with shots: Small drinks generally do not provide enough calories, protein, fiber, or essential nutrients to replace balanced meals.

Ignoring food safety: Fresh produce should be washed thoroughly, and homemade drinks should be prepared with clean equipment and consumed promptly.

Assuming more is better: Larger amounts of an ingredient do not necessarily produce greater benefits and may increase adverse effects.

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Expecting medical results: No homemade shot should be used to treat liver disease, kidney disease, cardiovascular conditions, or other serious illnesses without appropriate medical care.

How to Make Wellness Shots Part of a Healthy Routine

Rather than following a strict detox schedule, use these recipes as convenient ways to add variety to your diet.

A cucumber-based drink can be refreshing on a warm afternoon.

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A ginger-containing shot may appeal to someone who enjoys bold flavors.

A blueberry mixture can provide fruit and plant compounds as part of breakfast.

And a citrus shot can offer vitamin C alongside other nutritious foods.

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The key is consistency in your overall habits, not the expectation that one small drink will produce dramatic changes.

Adequate sleep, regular exercise, sufficient hydration, balanced meals, limited alcohol intake, and appropriate medical care have much stronger foundations in preventive health.

Final Thoughts: Small Shots, Realistic Benefits

Homemade wellness shots can be colorful, affordable, and enjoyable additions to your daily routine.

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They can provide vitamins, minerals, fluid, and naturally occurring plant compounds without requiring expensive commercial products.

Some ingredients, such as ginger and beetroot, have also been investigated for specific physiological effects.

But their benefits should not be exaggerated.

Your liver doesn’t need a turmeric cleanse. Your kidneys don’t need an aggressive flush. And your brain doesn’t need a miracle shot.

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What your body needs is consistent nutritional support, sensible lifestyle habits, and appropriate medical attention when something isn't functioning normally.

These seven recipes offer a simple way to experiment with nutritious ingredients while keeping expectations grounded in science.

Sometimes supporting your health begins with ordinary foods rather than extraordinary promises.

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