



# HOMEMADE DETOX DRINKS THAT WORK

Detox drinks are a fantastic way to look and feel healthier, as they can wash away harmful toxins in the body and/or help you lose weight. Drinking 6 to 8 glasses per day really can boost your health, as they can also aid hydration and keep your vital organs in good condition.

## 01 Lemon Detox Drink Recipe

One of the most effective, easiest lemon detox cleanse drinks you can create at home has to be lemon water. Many people consider lemons as a super fruit, because not only do they detoxify your body, but they can cleanse the blood stream and neutralize your body.



## The Ultimate Kale Detox Drink 02



The world has seemingly fallen in love with kale - and it's not hard to see why. Nutritionists all over the world rave about the super vegetable's many benefits, as one cup of raw kale offers Vitamin A, C and K, as well as minerals like potassium, copper, iron, manganese and phosphorus.

## 03 Apple Cider Vinegar Detox Drink

One of the biggest recipes in the holistic health field has to be the apple cider vinegar. It is believed that in 400BC, Hippocrates first used the cider vinegar to treat sick patients.

It is, however, not recommended to drink apple cider vinegar alone. You should combine it with other of nature's finest ingredients, such as honey, lemon and cinnamon.



## The Very Natural Detox Drink 04



Ginger lemon tea is one of the best homemade detox drinks you can make yourself. According to Web MD, it is a medicinal tea that can treat a range of stomach complaints, such as indigestion, morning sickness, menstrual pain, stomach cramps and nausea

## 05 Weight Loss Detox Drink

Losing weight can be difficult, but detox cleanse drinks, along with a healthy diet, can make the process a lot simpler. What's more, they're 100% natural and cheap to create.

Fruit and vegetables are essential to weight loss, so what is the most effective weight loss detox drink? Fruit and vegetable water. All you have to do is soak different ingredients in water



## Why Watermelon (or cucumber): 06



Watermelon helps the body flush out toxins because it contains the organic compound citrulline, which is an amino acid that has been shown to help the liver and kidneys filter and get rid of ammonia. Ammonia comes in external forms, but is also a by-product of the proteins our bodies are burning up constantly for energy, and it's quite damaging to our cells. Cucumber also contains citrulline, but not as much as watermelon. Watermelon may also just give the liver an overall boost.

## 07 Why lemon (or lime):

Lemon or lime juice helps stimulate and regulate the digestive track (which is why it's so helpful with constipation, heartburn and gas), stimulates bile production, and thins out bile, which allows it to flow more freely.



## Why mint leaves: 08



Mint leaves are a nice refreshing flavor to add to your drink. On top of that, it can help you digest more effectively, improving the flow of bile from the liver, to the gallbladder, to the small intestine, where it breaks down dietary fats. Mint also helps relax cramped up stomach muscles.

## 09 Cruciferous vegetables & leafy greens:

This group includes a lot of veggie superheroes, and is why you see so many "green" detox drinks or smoothies. Included are broccoli, brussel sprouts, cauliflower, cabbage, lettuce, bok choy, and spinach. Broccoli and co. increases the amount of glucosinolate (organic compounds) in our body, which in turn help create enzymes that help our body's breakdown and digest things. Leafy greens like lettuce and bok choy have the ability to neutralize metals, chemicals, and pesticides that find their way into our systems.



## Grapefruit: 10



High in antioxidants and vitamin C, grapefruit or grapefruit juice also aids the liver in flushing carcinogens (things linked to causing cancer, like stuff in cigarettes and tobacco, as well as some pre-prepared foods) and possibly pesticides out of the body.

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<http://www.listnutrition.com/5-homemade-detox-drinks-recipes-you-can-make-at-home/>

<http://everydayroots.com/detox-drink-for-cleansing>

<https://pixabay.com/>

