



NATURAL WATER DETOX RECIPES

After combining the ingredients to a pitcher or glass jar, let it sit for 3-5 hours or overnight. When you are ready to drink, add ice before you enjoy. All of the recipe detox ideas require 12 ounces of water, but you can change the portions or the combinations if you want. Any of these combinations of these epic detox ingredients will help to remove toxins from the body and boost your mood, as well as, decrease inflammation, and promote weight loss. Enjoy!

Watermelon and Mint Detox Recipe: 2 cups cubed watermelon, Handful of mint leaves, Wedges from one lime

Lemon Detox Recipe: 1 Cucumber Sliced, Wedges from 1 lemon

Cayenne Pepper Detox Recipe: 1/8 tsp. Cayenne pepper, lemon juice from 1 lemon, 2 tbsp. of maple syrup

Strawberry Detox Recipe: 1 cup sliced strawberries, 2 cups cubed watermelon, 2 sprigs fresh rosemary

Apple Detox Recipe: Slices from ½ apple, 2 tbsp. apple cider, lemon juice from ½ lemon, 1 tsp. cinnamon

Aloe vera Gel Detox Recipe: 3 tbsp. Of Aloe vera Gel and Juice from 1 lemon

Ginger root Detox Recipe: ½ inch knob of fresh ginger root and juice from ½ lemon

***All above recipes are adapted from Dr. Axe's recipes. Always seek a Doctor for any health concerns or if you are pregnant before any body detox regime.**

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