



Detox Beverages

Below are some of my favorite detox beverages. Most people are chronically dehydrated. We often mistake thirst for hunger. If you feel hungry between meals, drink a glass of water before giving into cravings. To estimate how much water your body may need, take your weight, divided by two and that is the estimated amount of water you should drink in ounces. For example, if you are 140 pounds, you would want to drink at least 70 ounces of water a day.

Simple Lemon Water

Ingredients:

- 12-ounce spring or filtered water, at room temperature
- Juice of 1/2 lemon

Method:

1. Add the lemon juice to the glass of water.
2. Serve, hot, warm, room temp or cold.
3. Drink all day.

Ginger Lemon Morning Detox Drink

Ingredients:

- 12-ounce spring or filtered water, at room temperature
- Juice of 1/2 lemon
- 1/2-inch knob of fresh ginger root

Method:

4. Add the lemon juice to the glass of water.
5. Finely grate the ginger on a chopping board, then squeeze the ginger pieces in your hand, letting the juice of the ginger drip through your fingers and into the glass of water.
6. Enjoy at room temperature upon rising for an amazing start to the day.

Apple Cider Vinegar/ Lemon Warm Water Morning Detox Drink

Ingredients:

- Apple Cider Vinegar (I use Bragg's ACV)
- Organic Lemon Juice (I use Santa Cruz Organic Bottled Lemon Juice or doTERRA lemon essential oil)
- Warm Water
- Optional: Cinnamon and Dash of cayenne pepper

Method:

1. Fill cup with $\frac{3}{4}$ warm water, add 2 Tbsp with ACV (as much as you can with still liking the taste) and then two drops of lemon essential oils or 2 Tbsp of lemon juice. Options to add cinnamon (1 tsp) and a dash of cayenne pepper
2. Enjoy! Serves 1

Spa Water

Ingredients:

- 8 C. Water
- 1 Cucumber, *Wedged or Sliced*
- 1 Lemon, *Wedged or Sliced*
- 10 Mint Leaves

Method:

Combine all ingredients in an airtight container and leave to steep overnight in the fridge.



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Dr. Axe's Secret Detox Drink

Ingredients:

- 1 glass of warm or hot water (12-16 oz.)
- 2 tablespoon apple cider vinegar.
- 2 tablespoon lemon juice.
- ½-1 teaspoon ground ginger.
- ¼ teaspoon cinnamon.
- 1 dash cayenne pepper.
- 1 teaspoon raw, local honey (optional)

Method:

1. Warm the water.
 2. Mix all ingredients together.
 3. Best served warm but drink at desired temperature.
- Check out <https://draxe.com/recipe/secret-detox-drink/> for the video.

Super Green Detox Green Juice

Ingredients:

- 2 to 3 celery stalks, leaves removed
- 1 small cucumber
- 2 kale leaves
- 1 small lime peeled (alternatively use lemon)
- Optional: handful parsley, cilantro, romaine lettuce

Method:

1. Wash all the ingredients and chop them so they can go through the juicer. Juice all the ingredients and sip slowly.
2. For an extra health kick, stir in barley grass, wheatgrass or spirulina powder.

If you are new to juicing and find the taste unappetizing you can add half a pear to bring sweetness to your juice, however for a cleansing detox it is recommended to try and limit your fruit intake if possible.

Essential Oils + Water

Add a drop of doTERRA lemon, grapefruit, citrus bliss or slim and sassy essential oils to any water for an extra dose of flavor and detoxification.

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