DETOX BEVERAGES

HANDOUT #2

Proper hydration helps flush out toxins, improves your skin's health and helps reduce the appearance of cellulite, wrinkles, and blemishes. Drink half your body's weight in water. For example, if you weigh 140 pounds, drink 70 ounces of water. It should be super easy with all of the detox beverages listed. The *decaffeinated* teas & infused drinks can count towards your daily water consumption.

ACV LEMON WATER ELIXIR

(FIRST THING UPON WAKING)

12-16 oz water
1-2 teaspoons of unfiltered organic apple cider vinegar
1-2 oz lemon juice (1/3 lemon or concentrate)
(optional) 1 teaspoon raw honey, maple syrup, or stevia to sweeten

NOTE: If you feel nauseous or experience tightness in the chest after drinking this, omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during a detox. Continue to drink the Lemon Water without the apple cider vinegar (or use only ½ teaspoon ACV) for at least three days, and then gradually reintroduce the raw apple cider vinegar. If the reactions continue upon reintroduction, continue to drink only the lemon water.

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Why Apple Cider Vinegar:

- increases satiety and helps people to lose weight
- reduces belly fat
- natural laxative and can improve digestion
- lowers blood sugar levels
- improves insulin sensitivity
- lowers cholesterol
- lowers blood pressure and improves heart health
- prevents and decreases the risk of getting cancer and slows down the growth of cancer cells.

ANTI AGING BEAUTY TEA

Consuming cranberry juice daily helps to emulsify fat and reduce the appearance of cellulite.

1 tea bag of decaf dandelion & 1 tea bag of decaf nettle
(or 2 bags of any Traditional Medicinal detox teas)
2 tablespoons cranberry juice concentrate (no sugar added)
(optional) 2 oz lemon juice
(optional) 1 teaspoon of raw honey, maple syrup, or stevia

To Make: Steep the tea bags in 16 - 32 ounces of hot water for 15 minutes. Remove the tea bags, then add ice with cranberry juice concentrate and lemon. Chill the tea in your refrigerator and drink throughout the day.

NOTE: If you cannot find cranberry juice concentrate, you can use pomegranate or cherry juice concentrate instead. Try to get a bottle with no sugar added.

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HERBAL TEAS & FRUIT INFUSED

Herbal teas come in a variety of flavors and herbal remedies. They can provide an energy boost without a huge dose of caffeine. Moreover, it is yet another great way to provide hydration and antioxidants. Iced or warm herbal tea alone contains antioxidants that are 8-10 times more powerful than the ones found in fruits and vegetables. Unlike some other teas, herbal contains no calories, making it an ideal alternative beverage for promoting weight loss and avoiding obesity.

Research has identified many benefits associated with herbal teas, such as clear skin, improved sleeping habits, and quick relief of muscle cramps. There are many teas that help in releasing toxins in the body. Here are a few you can make yourself. Also, feel free to mix in different fruits & herbs, get creative and have fun with it.

TOO BUSY to make your own?

Buy "Traditional Medicinal" (or store brand) detox tea, they come in boxes with 16 tea bags: ORGANIC EVERYDAY DETOX, DANDELION ROOT, NETTLE or SMOOTH MOVE TEA.

WEIGHT LOSS TEA

Hibiscus tea leaves have been used for centuries for their medicinal properties; they can help reduce high blood pressure and high cholesterol, plus promote healthy weight loss.

2 teaspoons dried hibiscus tea leaves
2-3 pieces of crushed ginger
1-teaspoon honey
Lemon, sliced, for garnish

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Place the tea leaves and ginger into a tea catcher; fill with water. Add honey and steep for at least 15 minutes. Serve hot or cold and garnish with a slice of lemon.

CHIA CINNAMON TEA

The combination of cinnamon and chai leaves can help reduce fatigue and improve activity level. Cinnamon is an effective herb to assist with weight loss and increase metabolism. It also aids in digestive discomfort, inflammation and has antimicrobial properties.

2 teaspoons dried chai tea leaves
1-2 sprigs of Rosemary
1-2 sprigs of Sage
Cinnamon stick, for garnish

Place chai tea leaves into the tea catcher with sage and rosemary. Bring water to a boil, add tea catcher, fully immersing it and steep for 10 minutes. Remove from heat, add cinnamon stick, serve hot or cold.

TROPICAL MINT MOJITO

The ingredients in this tea have a variety of properties that promote healthy skin and the release of toxins.

2 teaspoons green tea leaves
3-4 sprigs of mint
1 lime wedge, for garnish

Place tea leaves in tea catcher. Bring water to a boil and immerse tea leaves. Add mint and steep for at least 15 minutes. Serve with ice and a lime wedge.

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CALMING JASMINE INFUSION

Both jasmine and lavender have calming properties and can be effective in reducing stress and strengthening your immune system.

2 teaspoons jasmine tea leaves
2 teaspoons lavender flowers
2-3 sprigs of basil

Place tea leaves in tea catcher. Bring water to a boil and immerse tea catcher. Add lavender and steep for at least 15 minutes. Serve warm or with ice and garnish with basil.

CALMING CHAMOMILE TEA

Chamomile has been shown to help treat skin related issues, promoting clear, healthy skin. Chamomile, combined with rose petals, can also aid in healthy weight loss.

2 teaspoons chamomile tea
2-3 Rose Petals
1 Pineapple slice, for garnish

Bring water to a boil. Add tea and rose petals. Steep for at least 15 minutes. Serve hot or with ice and garnish with pineapple slice.

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FRUIT INFUSED DRINKS

TO HYDRATE YOUR CELLS

Infused drinks are commonly referred to as detox water, and are made by immersing fruits, vegetables, and/or herbs in cold water to release their nutrients. Infused drinks are primarily recommended for energy, cleansing, excellent cellular hydration and to improve the freshness of your appearance. Water is an essential element of our biological makeup. It maintains the healthy functioning of our body by flushing harmful toxins from the body. Drinking enough water can aid in weight loss and promote healthy skin & nails. Adding fruits or vegetables can elevate water's potential to help keep not just our bodies, but our minds and souls healthy, as well.

Experiment to create detox water combinations that appeal to your taste buds. You can even add these fruits and veggies to your pitcher of herbal detox tea overnight to infuse.

TOO BUSY to make your own?
Buy superfood powders to easily add to your water instead.
See: https://www.healthylifecreations.com/superfoods

Directions

- Day before - In a large pitcher, place the desired combination of fruits, veggies and/or herbs and fill container with water.
- You can leave the *added foods* in the water for up to 24 hours. After that, remove them and store the infused water in the refrigerator for up to 3 more days (4 days in total).

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- (optional) Add honey, stevia or monk fruit to sweeten.
- (optional) To make electrolyte water – add a pinch of salt and one of these fruits: Orange, apricot, grapefruit, cantaloupe, honeydew.

CUCUMBER, RASPBERRY AND GRAPE

All three of these foods are rich in vitamin C with high water content. They support toxin removal from the body and cellular hydration. They also have cleansing compounds that promote clear, healthy skin and help minimize the appearance of wrinkles and impurities.

LIME AND STRAWBERRY

Strawberries are well known for their anti-aging properties. They help maintain healthy skin, hair and nails. They are sodium and fat-free, making them ideal for weight loss and overall health. Lime can also promote healthy skin, improve digestion and aid in weight loss.

RHUBARB, APPLE AND CINNAMON

Rhubarb is packed with nutrients and is one of the best vegetables for promoting overall physical health. Rhubarb, when combined with apple, can help maintain bone and tissue health, reduce cholesterol levels, and promote a healthy heart. Cinnamon is an effective herb to assist with weight loss and increase metabolism. It also aids in digestive discomfort, inflammation and has antimicrobial properties.

MINT AND PINEAPPLE

Pineapple is rich in vitamin C, making it a valuable ingredient to help strengthen your immune system and maintain healthy levels of cholesterol and sugar. Mint boasts several medicinal properties and promotes good digestion. It can also provide relief from congestion.

ORANGE, LEMON AND GINGER

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