

Body Flush & Detox Water



One of my challengers shared this recipe with me and I cannot wait to make it. I have been drinking warm lemon water every morning for at least a year. It has so many great benefits for your body and I have really noticed a difference in the way I feel, my skin and just flushing out any extras! So not only does this look refreshing but it seriously is something I could see drinking every day! So off to the grocery store to make my own mason jars!!!

Lemons: Help aid in absorption of sugars and calcium and cuts down cravings for sweets.

Cucumbers: act as a diuretic and flush fat cells. It is like alkalizing your body (if you have an alkaline body no diseases can live there) & increase your energy levels.

Limes: Promote a healthy digestive track.

Mint: is a natural appetite suppressant that also aids in digestion.

Let me know what you think when you try it?!?!?

Ingredients

1 cucumber

1 lemon

1 or 2 oranges

2 limes

1 bunch mint

Directions

Slice them all and divide into 4 mason jars (24 oz).fill them up with water. Drink daily. Once empty I filled up jar again throughout the day.