



# Detox secret drink

Try this DETOX SECRET drink  
recipe for quick results !



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If you want to cleanse your system, lose body fat and increase your energy, add natural detox drinks to your diet.

This can help you improve your quality of life !

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## Ingredients

- ✓ 1 glass of lukewarm or warm water (12-16 oz)
- ✓ 2 tablespoons of apple cider vinegar
- ✓ 2 tablespoons of lemon juice
- ✓ 1 teaspoon and a half of ground ginger
- ✓ ¼ teaspoon cinnamon
- ✓ 1 pinch of cayenne pepper
- ✓ 1 teaspoon of unpasteurized honey (optional)

## Preparation

1. Preheat the water. Mix all the ingredients together.
2. The temperature of the drink is at your discretion, but it is best served lukewarm.

Drink this mixture 3 times a day, 20 minutes before meals, for a period of 2 weeks, and then drink it once a day before lunch or dinner.

## Additional information

- ✓ **Apple cider vinegar** is filled with enzymes and good bacteria. It contains acetic acid, and has been proven to reduce blood pressure by 6%. It can also help eliminate starch if you consume cereals in your diet. (I use BRAGG brand apple cider vinegar.)
- ✓ **Lemon juice** helps to balance blood sugar levels and has an alkaline effect that helps your body regulate its PH. It also contains vitamin C.
- ✓ **Cinnamon** is one of the best antioxidants on the planet. It is the # 1 spice to balance the blood sugar level.
- ✓ **Cayenne pepper** is proven to lower blood pressure and increase metabolism.
- ✓ **Stevia** is a natural sweetener from a plant (Stevia). It is a very good alternative to replace sugar and all other artificial sweeteners.