

Reset This Fall Season With These Four Detox Drinks



IN THE MORNING: Lemon-Ginger Green Tea Detox “Coffee”

Who needs traditional coffee when you have this energizing coffee alternative? Lemon is high in flavonoids and vitamin C to enhance your immune system. Ginger enhances your digestion and awakens your senses. Turmeric warms you up and helps your body to naturally manage chronic inflammation that leads to weaker immune systems and higher risks of numerous diseases. And the green tea helps protect your cells from free radical damage (and is also a source of gentle, healthy caffeine to get your morning going right!).

2-1/2 cups boiling water
1 organic lemon, sliced into eights
1-inch piece of fresh ginger, peeled and diced
1/4 tsp ground turmeric
1 green tea teabag (ideally organic)

Boil the water and pour into your favorite tea kettle. Add all the other ingredients and let it steep for 30 minutes. Pour through a strainer into a tea mug and enjoy.

MID-MORNING: Nourishing Detox Water

Most Americans are chronically dehydrated, which can lead to problems like brain fog, fatigue and poor digestion. Keep yourself hydrated with this simple detox water. Make a big batch of it and sip it all morning to rev up your metabolism, shed fat, and keep all of your body's natural processes in tip-top shape.

The citrus juices help to slim you via reducing bloating; ginger strengthens your immunity and also fights inflammation; mint soothes your digestive tract between meals; and cucumbers contain antioxidants and electrolytes that help to support your body's own detoxing process.

1 organic orange
1 organic lime
1 organic lemon
1 organic cucumber
3 ½-inch slices fresh ginger, peeled
1 cup of fresh, organic mint leaves
6 cups of ice
6 cups of water

Slice the fruit and veggies. In a big pitcher, add the ice, then the mint, ginger, citrus fruits and cucumber, then top with water. Let it steep for 60 minutes before enjoying whenever you need a drink. Refill the water (but not the other ingredients) as needed.

WITH LUNCH: Apple Cider Vinegar Mocktail

Apple cider vinegar is rich in natural probiotics, which can help you detox by boosting your levels of healthy bacteria that are critical for everything from detoxing to digestion to immune support.

Additional health benefits of apple cider vinegar may include improved blood sugar levels, clearer and healthier skin, and even reduced infections (the vinegar naturally kills bacteria and other pathogens).

Because of its ability to potentially regulate your blood sugar, this mocktail is perfect for enjoying with your lunch to help avoid the mid-afternoon blood sugar crash that many of us experience.

To get all of these health benefits, it's important that you use raw, organic apple cider vinegar with the "mother" (the result of the natural probiotic fermentation process).

1 cup filtered water
1-2 tbsp raw apple cider vinegar (with mother)
2 tbsp fresh organic lemon juice
Optional: 1 tsp of raw, organic local honey or similar healthy sweetener

In a tall glass, add a few ice cubes and the rest of the ingredients above. Stir and enjoy!

MID-AFTERNOON: Cayenne Pepper Shot

Charge up your metabolism mid-afternoon with one of the most energizing, spicy detox drinks available. This recipe is high in carotenoids and healthy substances like zeaxanthin, and [studies](#) suggest cayenne's many healthy compounds may help prevent a wide range of diseases.

The spicy pepper may also boost your metabolism for improved fat burning and weight loss, heal your gut, enhance your digestive tract, and even improve circulation (and thus your body's natural detox processes).

8 ounces of hot water
1-2 tbsp of fresh organic lemon juice
1 tsp ground cayenne pepper

Combine the ingredients and sip quickly.

More Ways to Support Your Health

Your diet is just one piece in your immune system's wellness puzzle. [Thymic proteins](#) are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins fall as you get older. [BioPro-Plus 500](#) offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining these detox drinks with healthy supplements.



Alternative Health Concepts

<http://www.alternative-health-concepts.com>