

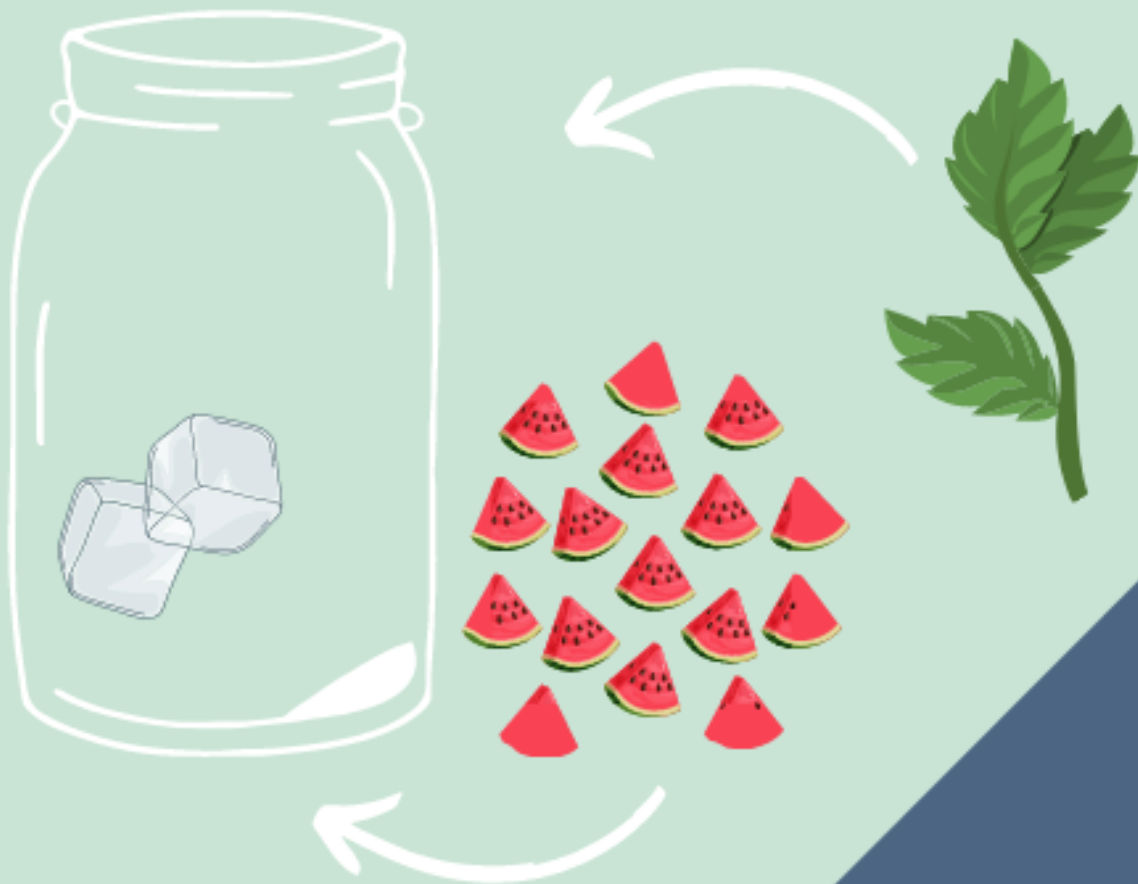
12 DETOX WATER RECIPES

EVERYDAY INFUSED WATER RECIPES TO SUPPORT
HYDRATION, DIGESTION, DETOXIFICATION, & METABOLISM



by Dr. Nicholas

WATERMELON + MINT



INGREDIENTS

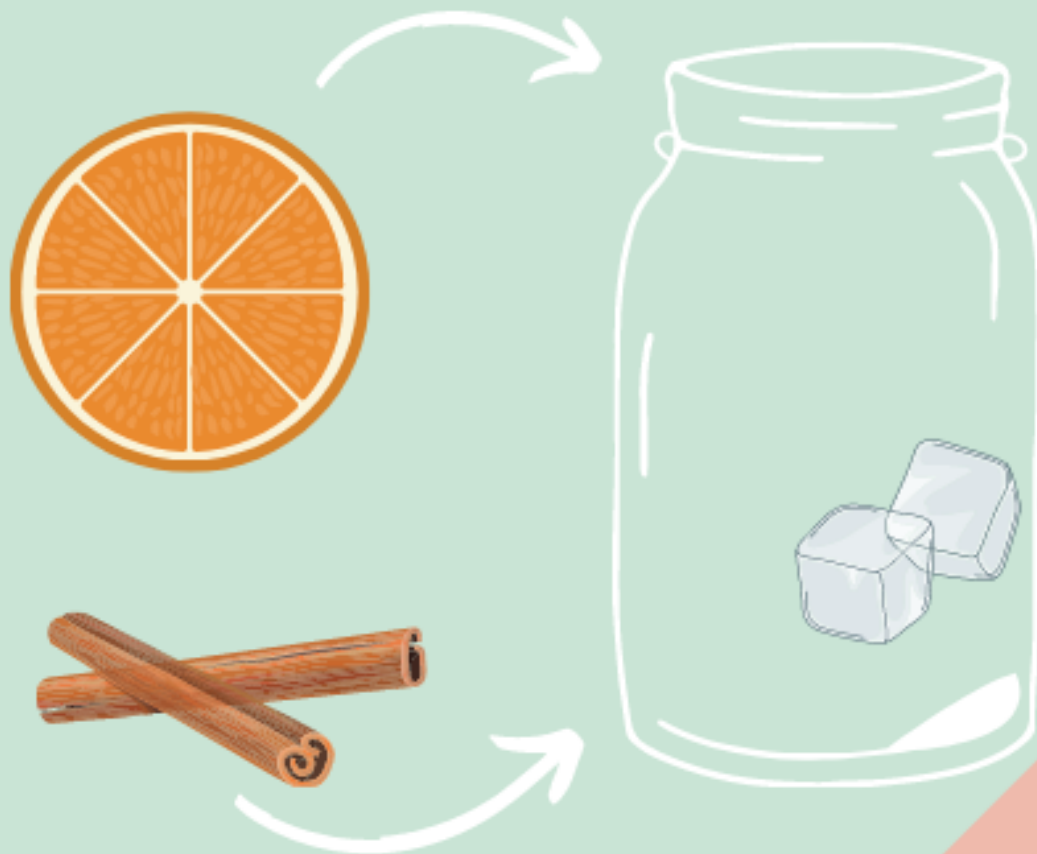
Filtered water
Watermelon (cubed)
Mint leaf

BENEFITS

Hydration
Antioxidant
Anti-inflammatory



ORANGE + CINNAMON



INGREDIENTS

Filtered water
Orange (sliced)
Cinnamon stick

BENEFITS

Blood sugar balancing
Antioxidant
Collagen synthesis

LEMON + GINGER



INGREDIENTS

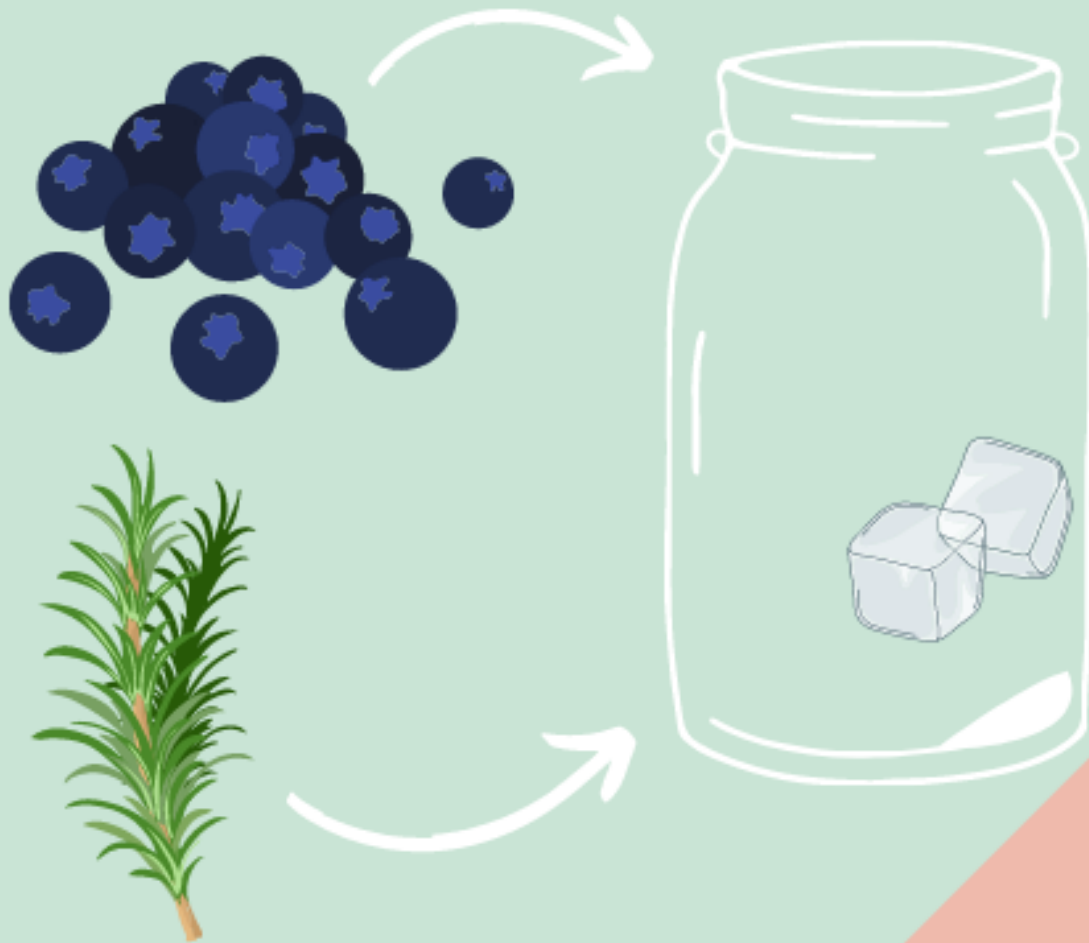
Filtered water
Lemon (sliced)
Ginger root (sliced)

BENEFITS

Anti-inflammatory
Liver support
Digestive stimulant



BLUEBERRY + ROSEMARY



INGREDIENTS

Filtered water
Blueberries
Rosemary sprig

BENEFITS

Antioxidant
Circulatory stimulant
Supports brain health



CUCUMBER + MINT



INGREDIENTS

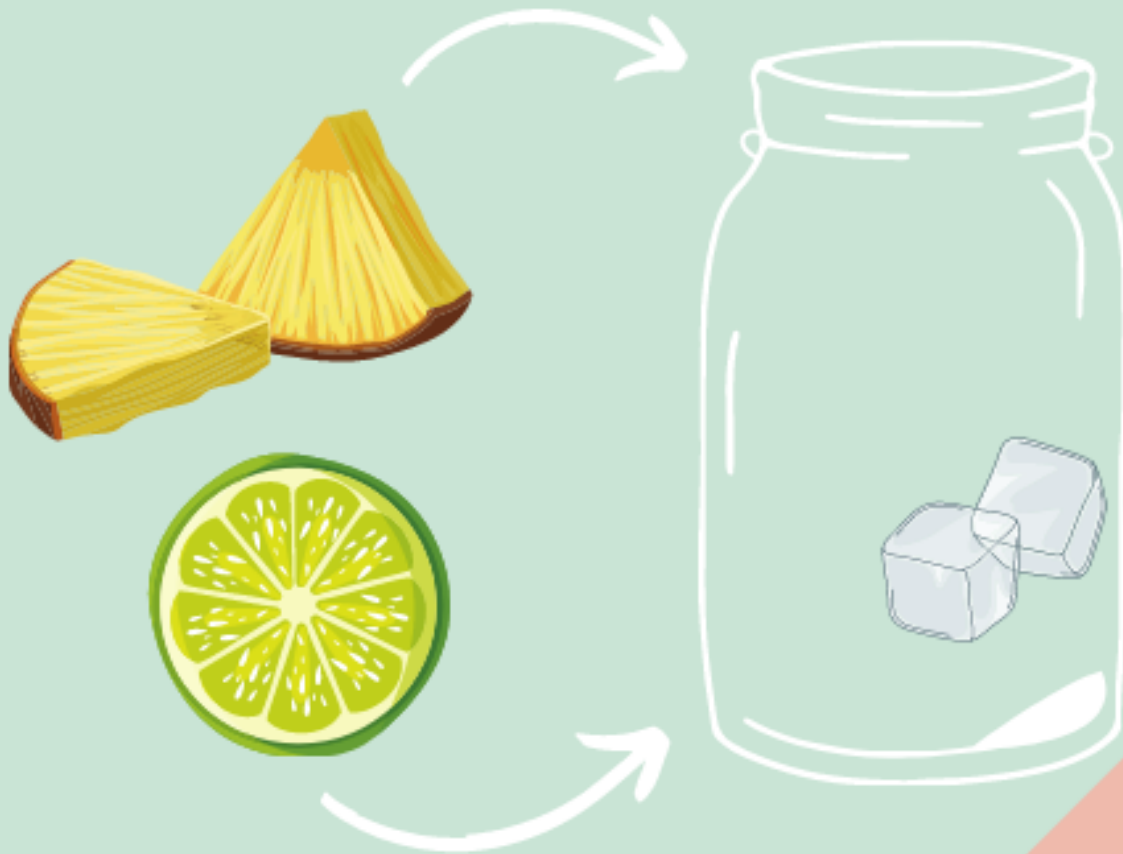
Filtered water
Cucumber (sliced)
Mint leaf

BENEFITS

Hydration
Anti-proliferative
Eases digestion



PINEAPPLE + LIME



INGREDIENTS

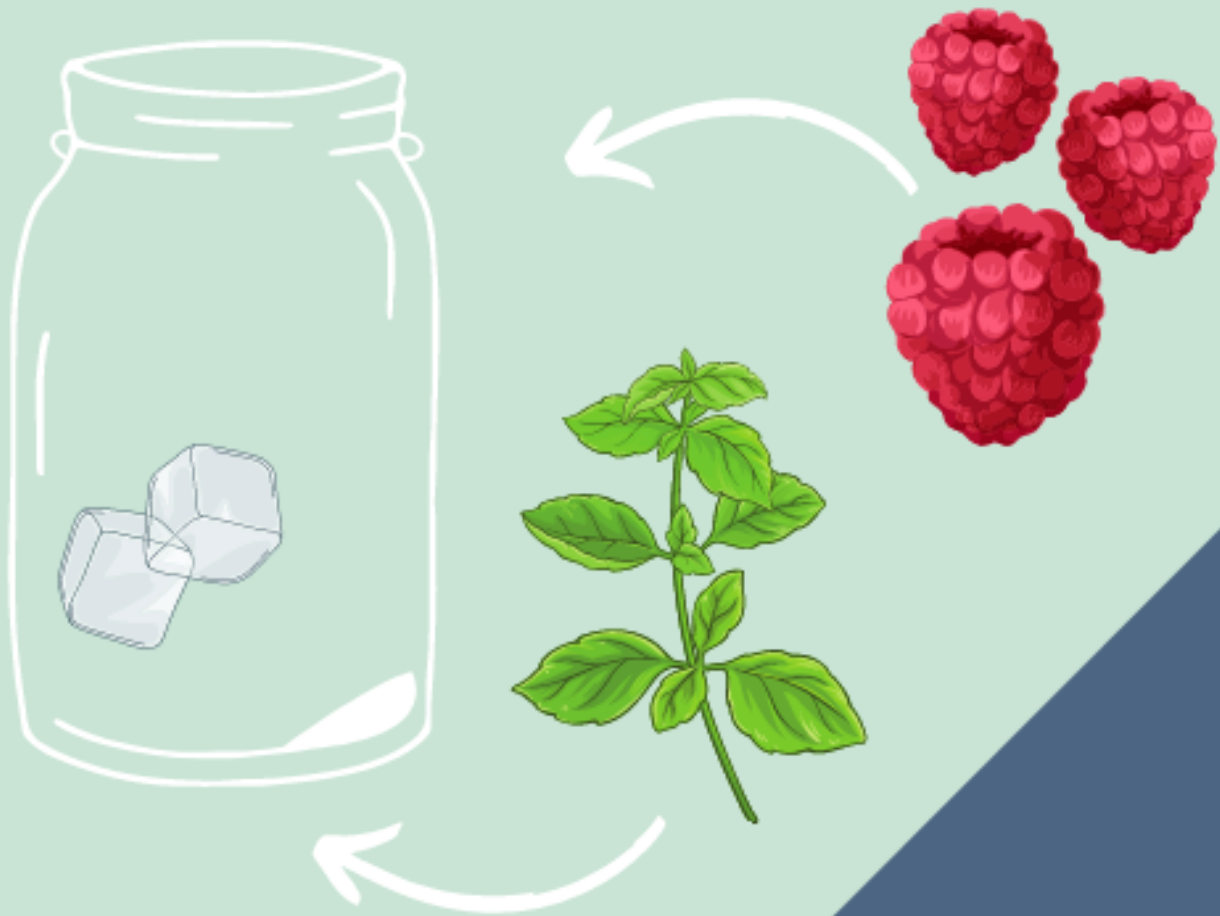
Filtered water
Pineapple (cubed)
Lime (sliced)

BENEFITS

Curbs hunger
Enhances enzymes
Anti-inflammatory



RASPBERRY + BASIL



INGREDIENTS

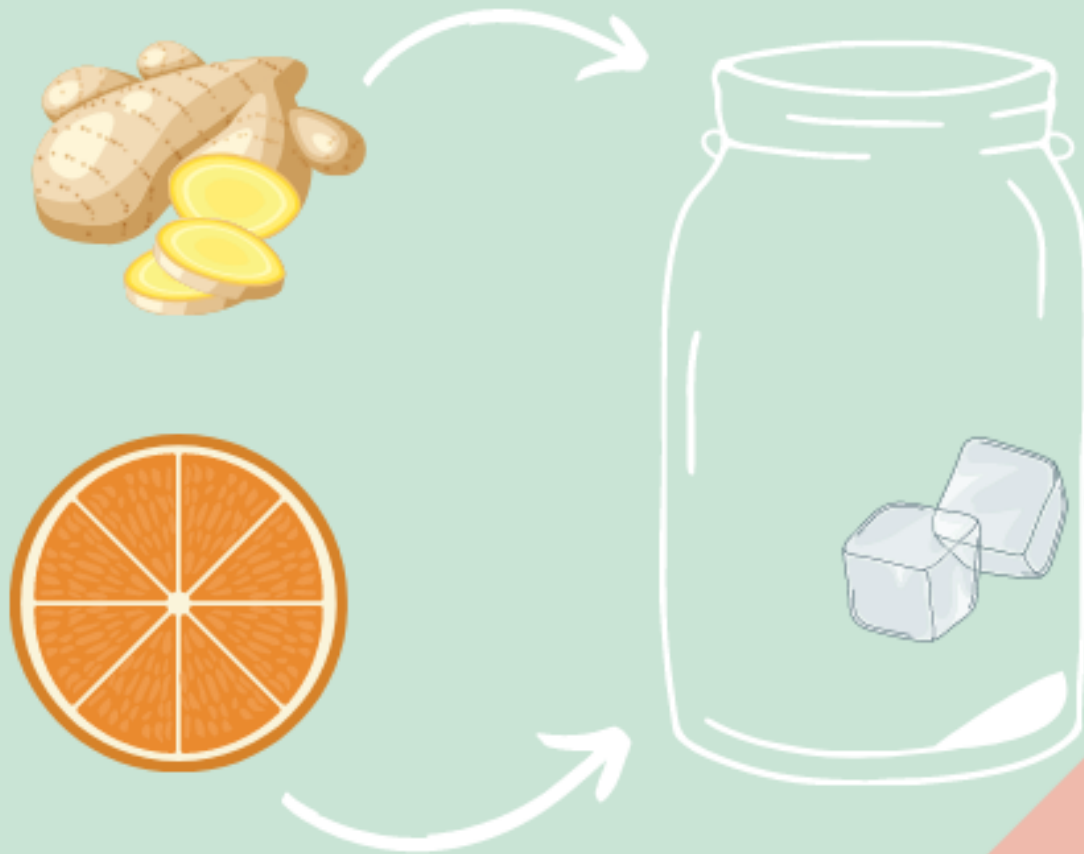
Filtered water
Raspberries
Basil leaf

BENEFITS

Adatogenic
Antioxidant
Antiproliferative



ORANGE + GINGER



INGREDIENTS

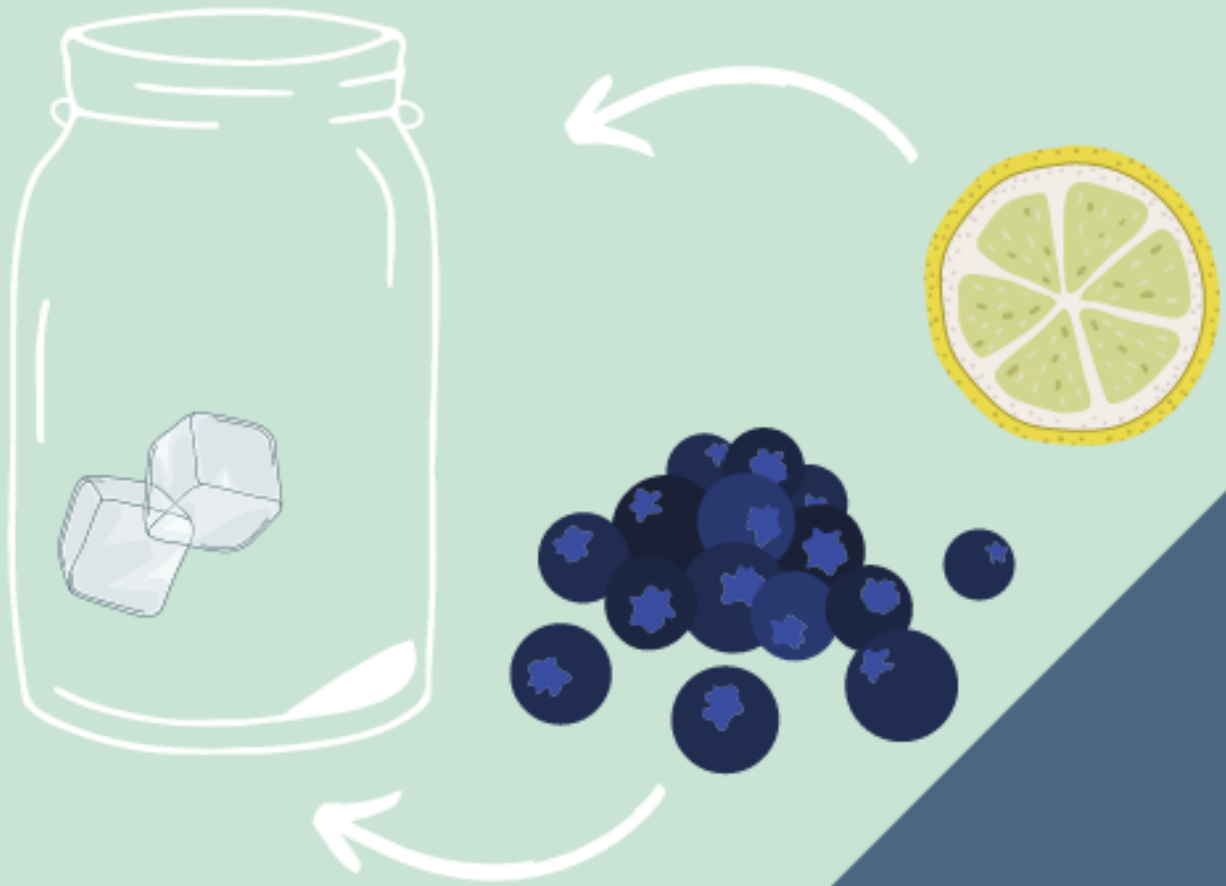
Filtered water
Orange (sliced)
Ginger root (sliced)

BENEFITS

Digestive pro-kinetic
Antiproliferative
Immune system support



BLUEBERRY + LEMON



INGREDIENTS

Filtered water
Blueberries
Lemon (sliced)

BENEFITS

Curbs appetite
Stimulates the liver
Fights free radicals



PINEAPPLE + MINT



INGREDIENTS

Filtered water
Pineapple (cubed)
Mint leaf

BENEFITS

Anti-inflammatory
Soothes digestion
Eases pain



CUCUMBER + LIME



INGREDIENTS

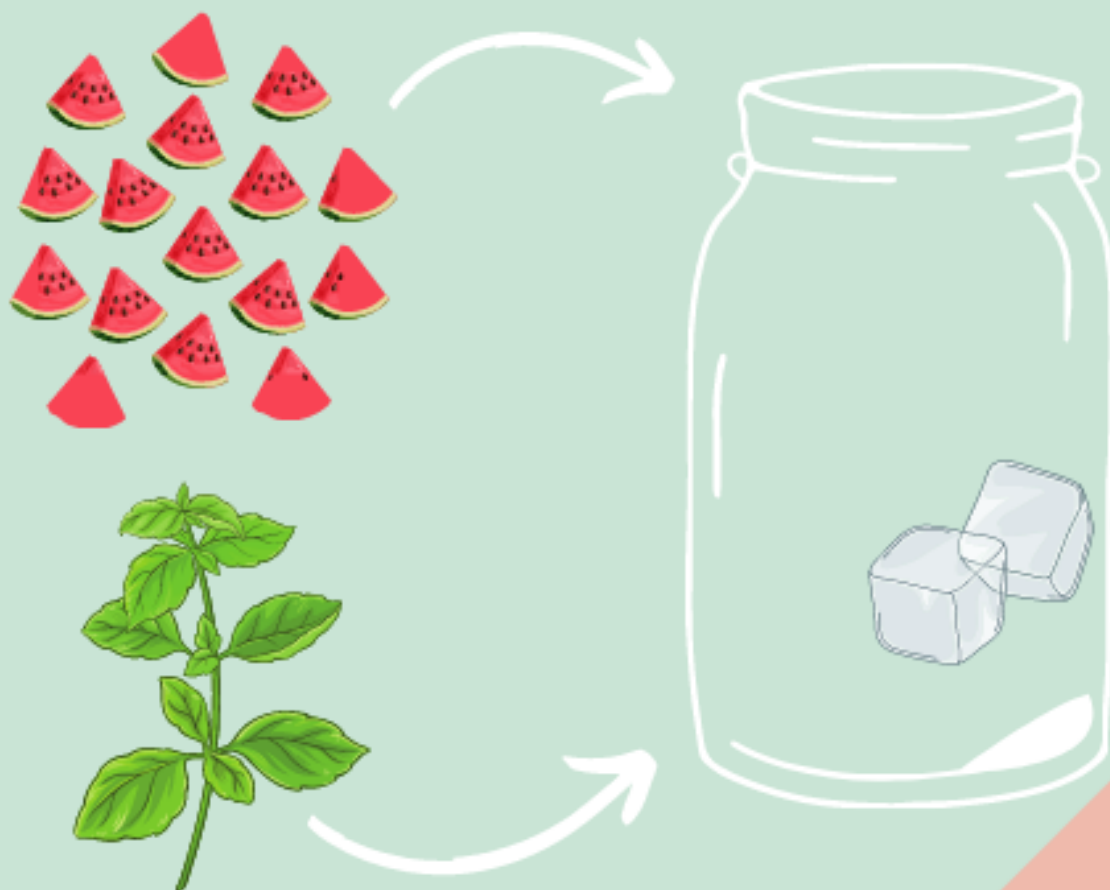
Filtered water
Cucumber (sliced)
Lime (sliced)

BENEFITS

Antimicrobial
Facilitates digestion
Balances blood sugar



WATERMELON + BASIL



INGREDIENTS

Filtered water
Watermelon (cubed)
Basil leaf

BENEFITS

Cardiovascular support
Quenches free radicals
Supports liver function

ENJOY 1-3 GLASSES OF FRUIT AND HERB-INFUSED WATER A DAY TO SUPPORT HYDRATION AND GENTLE DETOXIFICATION

Detoxification is a natural process that is executed by our bodies with or without our help. However, given the toxic exposures in our environment, our bodies can become overburdened by toxins, thus slowing our ability to process and eliminate these toxins. We are exposed to environmental toxins in our air, food systems, water sources, personal care products, household cleaners, and more. When our detox pathways are sluggish we can experience more toxicity symptoms such as brain fog, digestive dysfunction, weight gain, skin rashes or acne, pain, and inflammatory conditions. In addition to avoiding environmental toxins, we can support our detoxification pathways through the consumption of detox water.

The primary organ of detoxification is the liver. In the liver toxins are metabolized and neutralized in preparation for elimination out of the body. The skin, intestines, and kidneys are important for elimination of toxins; these toxins leave the body through the sweat, stool, and urine respectively.

Water itself is critical for detoxification, as it is an essential component of all our waste (sweat, stool, and urine). By consuming more water it is possible to upregulate detoxification and flush toxins from the body. When we add specific herbs and fruit to water, the vitamins, minerals, and medicinal properties of the botanicals are infused into the water, thus enhancing the benefits of the water itself.

It is critical to use filtered water and organic fruit/vegetables/herbs to prevent the consumption of chemicals and pesticides which would increase toxic load and be counterproductive.

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