



Detox Drink Recipes

Lemon/Epsom Salt Drink

4 C warm water
1 Tbsp Epsom salt
3 Tbsp lemon juice
(for 1 person)

Onion/Garlic Broth

3 C warm water
1 large onion
3-5 cloves of garlic
½ tsp salt
Boil for 20 minutes and drink it warm
(for 1 person)

Enema

1 Tbsp dandelion leaves dry or dehydrated
1 C boiling water
1 tsp Epsom salt
Add dandelion to boiling water, let cool, strain, add Epsom salt and add water to total 4 cups.
(Liquid should be warm)
(for 1 person)

Nutritional Drink

1 small apple
1 Tbsp ground flaxseed
1 tsp ground chia seed ground
1 Tbsp carob powder
¾ C water
Blend well until smooth
(for 1 person)



Ginger/Turmeric drink (Serve 1 C per person)

½ inch of ginger root – slice before boiling

1 inch of turmeric -slice before boiling

3 C water

½ tsp stevia leaf

Boil for 20-30 minutes and strain

(for 1 person)

Green Juice (3 juices)

1 C carrot juice

½ C cucumber

½ C celery

½ C lettuce

½ C cruciferous

Mix juice, and serve 1 C 3 X Day

(3 juices)

Charcoal Drink

1 Tbsp charcoal

1 C water

Gently mix and drink right away

(for 1 person)

Aloe Vera

Cut bottom of aloe, soak the bottom part overnight, change water daily

Cut 1X1 inch and eat the gel part

(for 1 person)

Lemon Water Drink

4 C warm water

3 Tbsp lemon juice

(for 1 person)



Liver Flush

½ C (4 oz) fresh lemon juice

½ C (4 oz) fresh orange juice

1 C (8oz) water

¼ C (2 oz) olive oil

2 medium cloves of garlic

¼ inch of ginger root

Pinch/teaspoon cayenne pepper

Blend until smooth

(for 3 people ¾ C (6 oz) per guest)

Garlic/Lemon Drink (for 1 person)

1 Tbsp lemon juice

2 small garlic cloves

½ C water

Blend well

(for 1 person)