

My top 12 Favorite Detox Water

When it comes to water and weight loss, the two go hand in hand. Drinking water help increase your metabolism, hydrate and clear your skin and promote a healthy digestive tract.

I'm recommending a gallon of water, or fruit infused water a day for optimum health benefits.

Here are my 12 favorite detox water recipes to give you some ideas of the combinations and why they work together. Feel free to experiment with new ingredients, and you'll never be bored with water again.



1. Pineapple Ginger Water

Try this in place of sports drinks to naturally reduce inflammation and keep your body burning fat long after your workout is over.

Pineapple Ginger Water Ingredients:

- 1 cup fresh mint leaves
- 2 inch knob of ginger root

2. Slim Down Detox Water

The double serving of citrus in this tangy recipe helps provide a healthy dose of Vitamin C, which is full of antioxidants and has many amazing health benefits, including protection against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease, and even skin wrinkling.

Slim Down Detox Water Ingredients:

- ½ gallon purified water
- ½ lemon, sliced

- ½ lime, sliced
- ½ grapefruit, sliced
- 1 cup cucumber, sliced

3. Watermelon and Guava Mint Detox Water

Not only does watermelon taste delicious, it has a lot of great health benefits including: it helps lower blood pressure, improved insulin response and alleviate muscle soreness. Guavas are filled with vitamins especially vitamin C, making this drink a nutritional powerhouse.

Watermelon and Guava Mint Detox Water Ingredients:

- 4 cups watermelon in ½ inch cubes, lightly mashed
- 1/2 pint guavas, sliced in half and seeded
- 6 sprigs mint (lightly crushed)



4. Metabolism Boosting Mango Ginger Water

This Mango Ginger Detox Water will do a lot of good things for your health, so make a big pitcher today and enjoy.

Metabolism Boosting Mango Ginger Water Ingredients:

- 1 inch Ginger Root, peeled and sliced
- 1 cup Frozen Mango- fresh is fine too

5. Classic Cucumber Water

Cucumbers contain a lot of health benefits, including vitamins, flavonoids, and other healthy compounds that fight inflammation, protect your brain health, and even freshens your breath!

Classic Cucumber Water Ingredients:

- 1 medium cucumber, cleaned, peeled (or unpeeled depending on your preference) and cut into 1/2 inch slices.



6. Detox Lime Cucumber Mint Water

This is the perfect recipe for cooling down on a hot day. The slightly bitter taste of the cucumbers is perfectly balanced with the tangy sweetness of the limes, and the mint provides an almost candy-like aroma giving this recipe a wonderful flavor.

Detox Lime Cucumber Mint Water Ingredients

- 1 lime, thinly sliced
- 5 inch cucumber, sliced into rings
- 5 mint leaves

7. Apple Cider Vinegar Detox Drink

Apple Cider Vinegar is known to remove toxins from the blood and liver and aides in digestion making it ideal for a drink. This drink takes the super ingredient to the next level with bloat reducing cucumber, metabolism boosting lemon and headache relieving mint.

Apple Cider Vinegar Detox Drink Ingredients

- 2 tbsp apple cider vinegar

- 1 lime
- 1 lemon
- 5-6 mint leaves

8. Lemon Water & Cayenne Pepper Detox Drink

This Lemon Water and Cayenne Pepper Detox Drink first became famous in 1976, in a book called “The Master Cleanser” and has been reintroduced in 2004 in a book called “Lose Weight, Have More Energy & Be Happier in 10 Days” and made famous by celebrities like Beyoncé and Jared Leto who use it to lose weight fast.

Lemon Water & Cayenne Pepper Detox Drink Ingredients:

(makes 1 serving)

- 2 tbsp organic lemon or lime juice
- 2 tbsp organic maple syrup
- 1/10 tsp cayenne pepper
- 10 oz purified water



Jillian Michaels Detox Drink Ingredients

- 2 tbsp lemon juice
- 1 tbsp cranberry juice
- 1 dandelion root tea bag

9. Jillian Michaels Detox Drink

This drink boasts liver cleansing and clear digestive tract in the vitamin C packed lemons and cranberries and dandelion along with breaking down body fat and toxins.

• 10. Aloe Water with Lime

Most of us have had an encounter with Aloe Vera, most likely due to a bad sunburn, but have you ever made your own Aloe Vera Water? Aloe isn't just for your skin, when consuming this succulent you are packing your body full of nutrients that naturally increase energy and fight fatigue, all while helping to increase circulation and digestion.

Aloe Water with Lime Ingredients

- 2 tablespoons of aloe vera gel
- 1 lime



11. Lemon Ginger Turmeric Detox Drink

This is one of those detox water recipes that not only tastes really good, but it has some very special qualities that may help you feel better and cleanse your body as well.

Lemon Ginger Turmeric Detox Drink Ingredients:

- Juice of 2 lemons
- 2 inch knob of ginger root
- 1 inch knob of turmeric root

12. Apple Cinnamon Detox Water

Apple Cinnamon Detox Water Ingredients:

- 1 Apple thinly sliced, cut away the seeds.
- 1 Cinnamon Stick. I don't recommend using powdered cinnamon, it clogs the water