

# Lean Goddess DETOX TEA Recipes

*(Drink every morning prior to first meal- be consistent!)*

## Blood Detox Tea:

*Note: Your body will tell you what quantity of each ingredient it needs for this recipe.*

- Warm water
- Lemon (make sure it's organic)
- Honey
- Cayenne (a little goes a long way)
- Fresh Ginger (peel like a carrot and make enough for the week)

## Detox to Retox Tea:

- 1 Yogi DeTox Tea bag
- 1/2 teaspoon of raw, organic honey
- 2 splashes of Ginger Spice Apple Cider Vinegar
- 1 squeeze of lemon
- 1 ½ cups of hot water

## ***Some of the benefits of our detox teas...***

Lemon is a natural diuretic which flushes out the system. Apple cider vinegar has been known to treat many ailments, fight obesity, & clear up the complexion. The dandelion-infused DeTox tea by Yogi contains herbs that help clean the blood & eliminate toxins. And lastly, raw honey adds flavor, increases energy, & strengthens the immune system.

**Detoxify.** Apple cider vinegar breaks down fat, mucous and phlegm deposits in the body, thereby improving the health of your body's vital organs. Just think of it as the original "cleanse." But, even better than other nutritionally-questionable cleanses on the market, the unique acids in apple cider vinegar not only bind to toxins to eliminate them from your body, but also because of its high levels of natural minerals, vitamins and enzymes, simultaneously replaces the nutrients in your body as you purge out the toxins. And for all of you looking to jump on an alkaline diet, apple cider vinegar can also maintain your pH balance.

**Boost Potassium.** With its abundance in potassium, apple cider vinegar is believed to help ease the effects of common colds and allergies and can even help to prevent brittle teeth, splitting fingernails and hair loss, all of which are signs of potassium deficiency.

**Balance Cholesterol.** The pectin found in apple cider vinegar is a form of water-soluble fiber that soaks up (and excretes) fats and cholesterol in the body while the amino acids may help regulate your LDL (or "bad") cholesterol.

**Improve Digestion.** Apple cider vinegar helps your body break down rich, fatty and greasy food for proper metabolizing. By taking a little apple cider vinegar before a meal, you can increase stomach acidity and deter the growth of unwanted bacteria in the digestive tract, thereby improving digestion (and bowel irregularity).

**Clear Skin.** Organic apple cider vinegar works wonders as a detoxifying skincare tonic because of its ability to regulate the pH of the skin. It contains acids, including alpha-hydroxy acids, which help dissolve the oil and sebum that clog pores while also encouraging skin renewal (like a healthy Retin-A!). Just soak a cotton ball.