

[BODY DETOX RECIPE](#)



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The master cleanse is a fairly strict member of the body detox recipes, as it does not allow any other solid food or even liquids, aside from a salt water flush every morning that serves as a laxative. One can also drink as much plain water as they want throughout the day to stay hydrated, of course. The combination of the acidic lemon and the detox powers of the cayenne pepper make this recipe a very powerful force.

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Though not advocated by any authoritative body, cranberry juice has become a popular detox drink, and according to Mayo Clinic, two 16-oz. glasses of full-strength juice can be safely consumed on a daily basis by healthy adults. To make this detox drink, dilute one part cranberry juice in four parts water. Then, add 1 tablespoon each of apple pectin and psyllium fiber to stimulate gentle intestinal elimination.

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Body detox recipes that can help you eat healthily. Eating more fiber and drinking lots of water is the simplest way of detoxifying.

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Combined with a variety of essential oils this recipe uses peppermint, eucalyptus, rosemary, lavender, and cinnamon and dried herbs and flowers, your body and mind will both thank you.

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