



HOW TO MAKE THE MOST POWERFUL DETOX DRINK AT HOME

Posted on September 26, 2022 by Crissy Joshua

There are many reasons why people want or need to detox; it can be for weight loss, to relieve joint pain, to cleanse toxins from the body, to increase energy, or to improve overall health. Whatever your reason, this drink is full of powerful detox ingredients.

This drink is not supposed to be taken as a food replacement. While many detox diets suggest a liquid diet (e.g. drinking juices) for a certain period of time without any food (some up to 2 weeks!), many experts warn that this is counterproductive. By only drinking juices, you're cutting out essential fats, protein, and other nutrients that the body also relies on.

The ingredients you'll need to make this drink are water, lemon, ground nutmeg, ginger, blueberries, parsley, and cilantro. Let's look at how these are good for you first, then I'll share the recipe and related information like calories and how often to take it.

Medicinal Benefits of the Ingredients in this Detox Drink

I'm going to focus specifically on how the ingredients in this drink help the body detox. However, all of them have numerous other medicinal benefits for the body and mind too.

Detox Benefits of Water

Water is important to all parts of the body, but when it comes to detoxing it's essential for flushing away toxins. Our cleansing organs, like the kidneys and liver, rely on water to function. The kidneys remove excesses the body doesn't need (e.g. minerals) and also expel toxins like chemicals. When the kidneys don't get enough water, they call on the liver to help with these tasks.

The more water you drink, the easier it is for your organs to function properly. While opinions are divided on exactly how much we should drink a day, most experts state that 8 glasses is the absolute minimum. In the heat, and if exercising during the day, this will need to be more.

Detox Benefits of Lemon

Lemon water has long been used as a natural detox remedy, among other things. High in vitamin C, they fight free radicals and help cleanse the body. Since they are alkaline, they also work to restore your body's pH balance. You can substitute the lemon in this recipe for lime, grapefruit, or orange.

Detox Benefits of Nutmeg

As a tonic, nutmeg helps the body clear toxins from the liver and kidney. Furthermore, nutmeg contains myristicin, which protects the liver from damage, allowing it to perform its job better. It also helps to restore acylcarnitines levels which break down fatty acids.

Detox Benefits of Ginger

Ginger is used in many detox programs and with good reason. It's able to stimulate circulation, digestion, and sweating, thereby cleansing the body. It also treats indigestion by speeding up the process of emptying the stomach.

Detox Benefits of Blueberries

Blueberries help to detox the liver and improve how it functions. This is largely due to the anthocyanins in them, a type of antioxidant. They are also high in fiber which supports the digestive system and binds to toxins in the digestive tract, making sure they're expelled and not reabsorbed into your blood. You can substitute the blueberries in this recipe for raspberries or blackberries.

Detox Benefits of Parsley

Parsley also promotes healthy digestion and as it's high in chlorophyll, it aids the kidneys in excreting waste. Parsley also detoxes the lungs by helping them get rid of residues that build up from environmental pollution. If you don't want to use parsley, double the amount of cilantro in the recipe.

Detox Benefits of Cilantro

Cilantro has been proven to help the kidneys excrete heavy metal toxins. For example, mercury can enter the body when we ingest seafood, insecticides on food, or from having dental amalgam fillings. Like parsley, cilantro also contains chlorophyll, keeping the kidneys working better. If you don't want to use cilantro, double the amount of parsley in the recipe.

▣ [The Forgotten Shelf Stable Food You Need for Healthy and Vital Fats](#) (Video)

How to Make The Most Powerful Detox Drink

The quantities below are to make 1 serving. You can double it if you like and store half in an airtight container for the following day, however, juices are always best when drunk fresh, where possible. Each serving will have approximately 46 calories.

Utensils

- A blender or juicer
- A citrus squeezer (optional)
- A box grater
- A sharp knife
- A chopping board

Ingredients

- 2 Cups of water
- 1 Lemon
- ½ Tsp. of ground nutmeg
- ½ Inch small knob of fresh ginger (0.07 oz./ 2 g. max.)
- 3 Tbsp. of blueberries
- 1 Tbsp. of chopped parsley
- 1 Tbsp. of chopped cilantro

Method

1. Cut your lemon in half and squeeze all of the juice out using a citrus squeezer or do it by hand into a bowl or cup, removing any seeds that fall in. Add the juice to your blender or juicer.
2. Add ½ a teaspoon of ground nutmeg.
3. Cut off a small piece of ginger (½ inch) and remove the skin before grating it with a microplane or the finest blades on a box grater. Then, add it to the blender or juicer.
4. Add 3 tablespoons of blueberries (these can be fresh or thawed from frozen).
5. Chop some parsley and cilantro so you end up with 1 tablespoon of each, and add these to the blender or juicer.
6. Pour in 2 cups of water and blend for a minute or until everything is mixed well.

Your detox drink is ready to enjoy! You can have 1 of these per day. To get the most out of your detox, try and have one every day for at least a week. It's best to take it in the morning before breakfast or as a mid-morning drink before you eat lunch. It has the added benefit that because of the fiber in it, you should stay fuller for longer and it may mean you don't eat as much throughout the day.

Note: Since there's lemon juice in this drink, make sure you rinse your mouth out with water after drinking it. That's because the lemon contains acid which can cause enamel erosion. Also, don't brush your teeth for at least 30 minutes after drinking it as the tooth enamel will be softer than normal.

You may also like:

[Foods and Herbs For Heavy Metal Detox](#)

[3 Warning Signs That You Have A Fatty Liver](#)

[Healthy Foods That Can Cause Kidney Stones](#)

Juice Recipes For Weight Loss

DIY Colon Detox with Ingredients You Have in Your Kitchen Right Now

Comments



sage - 2022-11-07 13:42:56

I would like to see answers to other people's questions that never seem to get answered. Would it be possible to check back about a week after posting to answer the new questions? Thank you.



Tammy - 2022-10-25 08:46:18

How should this be taken in conjunction with daily supplements and prescription medications?



Jan - 2022-10-09 19:43:57

I have nutmeg spice sitting in my spice rack for about a year. is this still good to use?



Filipe - 2022-10-06 06:52:53

Do we have to pause the detox after 1 week? If yes, how long?



Angelique Herron - 2022-10-01 12:21:00

Can you make a pitcher of it and use it for a week or should you make it fresh every day?



The Lost Herbs - 2022-09-29 04:40:35

Hello Jardine, Try to consume one every day for at least a week in order to get the maximum benefit from your detox. You will have to experiment a little, as everyone's body is different. So start out slowly and increase until you find your ideal dosage. Many blessings and good health!



Judy Jardine - 2022-09-28 14:02:46

How often should we do the weekly detox? Should this be done bi-weekly, monthly etc.?



The Lost Herbs - 2022-09-28 06:52:05

Hello Maggie, Thank you for your comment. You can have 1 drink per day. Try to consume one every day for at least a week in order to get the maximum benefit from your detox. It's better to have it either in the morning before breakfast or in the middle of the morning before lunch. It also has the advantage of making you feel filled for longer thanks to the fiber in it, which may help you to eat less during the day. Many blessings and good health!



Maggie - 2022-09-26 20:50:07

HOW OFTEN CAN WE DO THIS DRINK???? TY SO MUCH SOUNDS LIKE SOMETHING THAT I WOULD LOVE TO DO.....NO PUN ON BLAKE MILLIGAN OF COURSE.....LOL, I LOVE THAT YOUNG NEW COUNTRY WESTERN/ELVIS SINGER.....HE SHOULD HAVE BEEN NUMBER ONE>.....as the ACTS CAN GET ON AT VEGAS ANY TIME>>>>>>>THIS GUY IS SOMETHING THAT AMERICA RELATES TO.....