



Great Recipe for a Body Detox

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HOW DAILY STRETCHING HELPS YOUR BODY DETOX

Alleviating Discomfort and Aches

CUCUMBER MINT DETOX DRINK

WHAT ARE THE INGREDIENTS?

- Ice Cubes
- 8 to 10 mint leaves
- Cucumber
- 2 Tbsp lemon juice
- Lemon rings and Mint leaves
- Iced water

THE INSTRUCTIONS

- Peel, chop, and blend the cucumber and mint leaves in one cup of water.
- Strain and discard the pulp.
- Add lemon juice and black salt before diluting with water if necessary.
- Pour your beverage into a clean glass and add some ice cubes. Garnish with mint and lemon.





Why Do A Body Detox?

The most popular therapy and concept in alternative medicine is [body detox](#). Toxic chemical buildup in the body might result in illness and must be removed. A crucial step in the body detox treatment process is the elimination of existing toxins.

Boost your Immune System and Get Rid of Body Waste

When a person does a body detox, their organs begin to operate optimally. The body detox boosts the immune system by enabling more efficient absorption of nutrients like vitamin C. The substances used in [Results RNA](#) detox products aid in improving immunity and preserving health by strengthening the lymphatic system.

The body detox helps the body to remove any hazardous waste it may have consumed. Results RNA detoxification aids the body's natural cleansing process while assisting the liver, intestines, and kidneys in performing their vital functions.

Eliminate toxins with this Detox Shake recipe:

According to [Yummly](#), this detoxifying drink can help you achieve your objective, no matter the occasion, or wish you can give your body a break with body detox. Cinnamon aids in the regulation of insulin in the body, and carrot, celery, kiwi, and orange juice are all loaded with minerals and antioxidants that are good for your health. Additionally, they combine to make a good tonic.

Detox Shake Ingredients — Makes four servings.

- One (1) carrot
- One (1) celery stalk
- Two (2) kiwis
- One (1) carton of orange juice
- One (1) bottle of water (to taste)
- One (1) tablespoon of cinnamon (to sprinkle)

Tools:

- Blender
- tablespoon

Directions:

1. Blend the carrot in a blender.
2. Add the celery and kiwi, and blend again.
3. Add the orange juice and water as required to achieve your desired consistency.
4. Pour into a glass, and sprinkle with a pinch of cinnamon.
5. Stir with the tablespoon and drink immediately.

Use RNA Results Products to Achieve Body Detox Results:

When it comes to body detox, [Results RNA](#) compositions outperform conventional supplements. You may improve your immune system by taking cutting-edge liquid-based intra-oral sprays from [Results RNA](#), which also effectively remove harmful pollutants from the body and deliver essential nutrients.