

# Clean All The Toxins Out of Your System Like Nothing Else With The 3 Juice Colon Cleanse Recipe

## Ingredients:

- ½ cup of organic, pure apple juice
- 2 tablespoons of freshly squeezed organic lemon juice
- 1 teaspoon of organic ginger juice
- ½ teaspoon of sea salt
- ½ cup of lukewarm filtered water

## Instructions

All you need to do is to mix these ingredients in a mug. Then, drink a glass of it as soon as you wake up in the morning. After the lunch, drink two more, and have another two glasses in the evening, around 6-7pm.

You should drink at least 5 large glasses or around 8 small glasses of this natural cleansing drink. His detox treatment lasts for one day only.

Yet, make sure you consult your doctor before doing this detox treatment in the case of a pregnancy, allergies, diabetes, or some other serious health issues.

## Sources:

- [www.healthybodyandtips.org](http://www.healthybodyandtips.org)
- [draxe.com](http://draxe.com)
- [healthycures.org](http://healthycures.org)