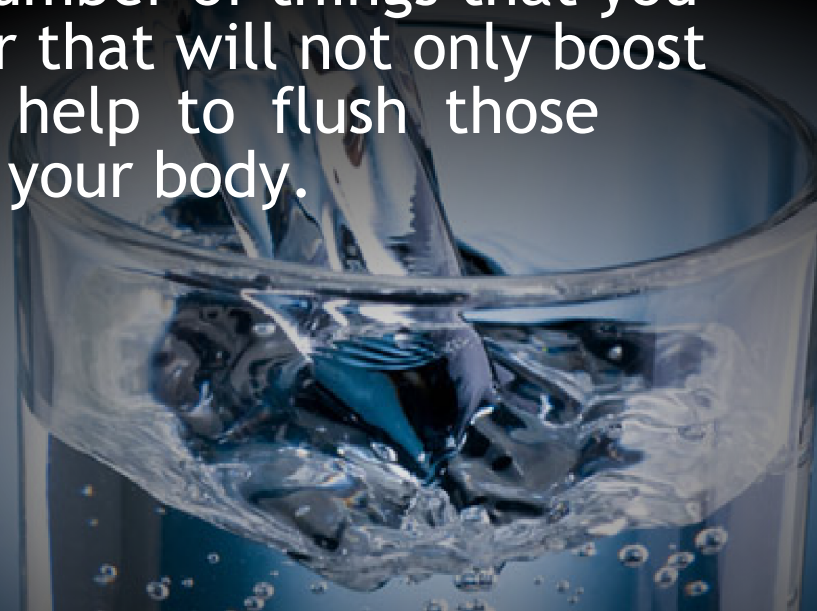


Whether you're trying to lose weight or you simply want to look and feel healthier, one of the best ways to rid your body of harmful toxins is to drink water. Just 6 to 8 glasses every day will help to keep you hydrated and keep your vital organs in their best possible health.

You don't have to drink plain water, however. In fact, there are a number of things that you can add to your water that will not only boost the taste, they will help to flush those harmful toxins out of your body.

-[www.diyncrafts.com](http://www.diyncrafts.com)

[www.IAmTheSharonda.com](http://www.IAmTheSharonda.com)



# Slim Down

½ Gallon of Water  
½ Medium Grapefruit (sliced)  
½ a Cucumber (sliced)  
½ a Lemon (sliced)  
½ a Lime (sliced)  
a couple of Mint Leaves

Refrigerate for at least 2  
hours before serving.

This great detox water not only rids your body of toxins but helps to flush fat from your body as well. Cucumbers are diuretics which can help you to avoid water retention. Lemons and limes help to flush out toxins from your digestive tract and grapefruits help you to burn fat.

-SkinnyMom

# Fat Burning

12 Ounces of Water  
2T Apple Cider Vinegar  
1T Fresh Lemon Juice  
1t Ground Cinnamon  
½ a medium Apple (sliced)

You simply put everything except the apples into your blender and blend for about ten seconds. Then add your apples and drink.

This recipe gives you a detox water that flushes out nasty toxins and really does help you to drop a few pounds, too. It's got apple cider vinegar which has so many benefits that it's impossible to list them all. There are also apples which are great for fiber, lemons that have cleansing properties and cinnamon which helps to curb your appetite. You can also add a bit of sweetener if you want.

-RainingHotCoupons

# Aloe Water

1 cup of Water  
2T of Lemon Juice  
2T of Aloe Gel

Split the aloe leaf down the center and remove the gel. Mix the gel with water and lemon in the blender and process for about a minute.

You have surely heard of (or experienced for yourself) the wonderful benefits of aloe. Did you know that you can add it to your water? When you take aloe internally, it can help with circulation and digestion and increase your energy and eliminate fatigue.

-Diynetwork

# Feel Good

1 Gallon of Water  
1 Cucumber (sliced)  
1 Lemon (sliced)  
1 Lime (sliced)  
1 Grapefruit (sliced)  
Fresh Ginger Root (sliced)  
Several fresh mint leaves

You simply put everything into your pitcher then add the water. Refrigerate for at least an hour. Then serve.

[www.IAmTheSharonda.com](http://www.IAmTheSharonda.com)

\*Lemons, grapefruit and limes are citrus fruits which helps detoxify the kidneys. Lemon has antioxidant compounds called limonoids that activate detoxifying enzymes.

\*Ginger is a digestive tonic that aids circulation.

\*Peppermint is a natural appetite suppressant and anti microbial that eliminates germs in food and makes you feel fuller.

\*Cucumber freshens and helps de-puff your body. It is excellent for your skin.

-PeanutButterAndPeppers