Dr. Axe's Secret Detox Drink



A note from Dr. Axe...



Dr. Josh Axe, DC, CNS

In this quick guide, I'm going to show you how to make the newest version of my secret detox drink. I'll go through all of the ingredients, go over why you need them, and how it helps you cleanse....

I want to start off by saying why it's so important that you drink this drink daily and that you start to cleanse and detox your body.

The biggest reason is that you're exposed to toxins every single day, like never before in the history of man.

A hundred years ago, we weren't exposed to all these environmental pollutants and air pollution. We weren't having heavy metals come in contact with us every single day, and radiation from cell phones, fluoride and chlorine in our drinking water, and all of these other chemicals that we come in contact with all of the time.

This drink can help support your body in the detox process.

Toxicity in your body can lead to fatigue issues and cause trouble sleeping. It can cause weight gain, leaky gut disorder, food sensitivity reactions, hormone imbalance (specifically thyroid problems) and more.

If you have any of those issues, detoxing is key to your road to recovery in getting your health back.

Dr. Axe's Secret Detox Drink Recipe



1 glass of water (10 oz.) 1 Tbsp. Bragg Apple Cider Vinegar 1 Tbsp. lemon juice 1/4 tsp. cinnamon 1 dash cayenne pepper 1 Tbsp. raw, local honey OR 1 packet stevia 1/4 tsp. ground ginger

Mix all ingredients and stir. Drink 1-3 times per day, 10 minutes before a meal.



#1 The first ingredient is apple cider vinegar

Why apple cider vinegar?

It contains acetic acid and this type of beneficial acid actually helps grow good bacteria in your gut known as probiotics. Probiotics support detoxification of your colon, as does this acid and it helps increase nutrient absorption. And apple cider vinegar has been shown to be beneficial for everything from lowering cholesterol and blood pressure, boosting your metabolism, greatly beneficial for diabetes and it's amazing for energy.

When you buy this you want to make sure it's raw and unfiltered. Bragg's is a great brand to go with. You can find that pretty much in every grocery store. If you're a veteran, you can do up to two tablespoons, but I typically say start with one.



#2 The next ingredient is lemon juice

Lemons are high in Vitamin C and quercetin. Quercetin is the number one phytonutrient you can take to get allergy relief. So if your body is having an immune or histamine reaction, quercetin helps calm that down in your body, which also supports detoxification.

Lemon juice is also very high in Vitamin C. Vitamin C is an anti-oxidant as well that is so powerful at supporting your body's detoxification. It also helps with glutathione levels and helps with absorption of other minerals like iron. So lemon juice is great for detox and it's actually used in a lot of cleansing and detox programs out there today.

You're welcome to use fresh pressed lemon juice or if you're buying lemon juice, make sure it's pure lemon juice fresh pressed, not from concentrate.



#3 Next we'll add in a pinch of cinnamon

Cinnamon is great for balancing blood glucose levels. So especially if you've got, let's say, diabetes or maybe just in general you want to keep your energy levels up, you'll want to add a pinch of cinnamon in. And it doesn't take a whole lot. About an eighth of a teaspoon in here and you've got your cinnamon.

#4 Add in a (tiny) pinch of Cayenne pepper

Cayenne is amazing for detoxifying your circulatory system and your blood. Cayenne pepper actually opens up your arteries and your veins, and increases circulation. It also supports lymphatic drainage and cayenne has been used historically to fight cancer. It contains a compound called capsicum, and this is great for increasing something in your body called thermogenesis which helps your body in burning body fat. Also, it's been shown to lower high blood pressure levels, it's great for your heart, great for your system, and a great detoxifier as well. By the way, don't go overboard here with the cayenne! A simple pinch is all you need.



#5 Raw honey or Stevia

You can choose either raw honey or Stevia and my favorite is raw honey. I love raw honey because it contains pollen. Bee pollen, especially if it's from your local area, can naturally build your immune system. So I get questions from parents all the time saying, "Hey, how do I build my kid's immune system and get it stronger?" Raw and local honey that you pick up at your local farmer's market is a great thing to buy that will help do just that. It's raw, it's pure. Pollen is fantastic.

#6 Ground Ginger

I want to recommend that you customize your secret detox drink. One of my favorite things to add in now is ground ginger. Ginger is one of the most anti-inflammatory herbs on the planet. It's great for your gut, great for your joints, and really supports detoxification. Adding in a similar amount that you would add in of the cinnamon, about an eighth of a teaspoon. This actually has a great flavor because of the apple cider vinegar and cinnamon. Ginger goes really well with it. And you could also add in things like turmeric, you could add in black pepper. Turmeric and black pepper are potent cancer killers.



How Often Should You Drink The Secret Detox Drink?

Now, let me give you my recommendation on how you should drink this and how often. When you're going through a 30-day detox program, I recommend you consume this once to three times a day before your meal.

So drinking this about five to ten minutes before breakfast, five to ten minutes before lunch, and five to ten minutes before dinner is a perfect way to drink this detox drink. The reason why I recommend doing it before meals is it actually prepares your digestive system to better absorb nutrients. It's also going to help your body in burning fat and getting your thermogenesis up while you're eating your meal.

So again, doing this three times a day before your meals for a 30-day period and then after that, drinking it one time a day before a meal, whether it's breakfast, lunch, or dinner, doesn't really matter, but continuing to drink it one time a day.

