

DETOX WATERS



a detoxdiy cookbook



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COCONUT OIL PULLING

Let's talk about a really simple, effective way to end cravings, boost your metabolism, lose weight, and help reclaim your body and health: oil pulling.

I have been personally pulling with coconut oil every morning as a part of my morning ritual for the last 15 months and recommend everyone try it at least once!

WHAT IS OIL PULLING?

Oil pulling is the process of working, pushing and swishing oil through the mouth and teeth that originated in Ayurvedic medicine about 3,000 years ago.

The procedure is simple: gently rinse and swish one to two tablespoons of oil in your mouth for about ten minutes a few times per week. The oil picks up microbes in your mouth as you rinse. The microbes in your gums and between your teeth are pulled into the oil. Once you spit the oil out and rinse thoroughly, you eliminate those microbes and give your health a huge boost:

- Detoxifies your body
- Boosts metabolism
- Lose weight
- Kills bad breath
- Heals bleeding gums
- Prevents heart disease
- Reduces inflammation
- Cures tooth decay
- Whitens teeth
- Soothes throat dryness
- Prevents cavities
- Heals cracked lips
- Boosts Immune System
- Improves acne
- Strengthens gums and jaw

[This is the organic, unrefined coconut oil I use to pull with every day and the only brand I would recommend.](#)

HOW TO PULL WITH COCONUT OIL (STEP BY STEP INSTRUCTIONS)

1. **Choose a good quality oil.** Select an unrefined virgin coconut oil for best results. (I recommend you always have a jar of good quality coconut oil on hand—it's useful for so many things!)
2. **Rise and shine, and swish away!** Results are best when you oil pull first thing in the morning before you eat, drink any fluids or brush your teeth. If you're just starting out, go slow and only oil pull a few times per week. Be gentle! The action of swishing the oil around can make your jaw muscles sore.
3. **Rinse, swish, pull.** Use 1-2 tablespoons of organic coconut oil and gently rinse, swish, push and pull the oil through your mouth and teeth for 10-20 minutes. Avoid swallowing any of the oil. The oil will have a milky consistency when you are finished. If you have difficulty avoiding swallowing the oil, spit some out and use less oil next time.
4. **Spit and rinse.** DON'T spit the oil in the sink—it can build up over time and clog pipes. DO spit the oil into the garbage and follow with a gentle salt water rinse before swallowing, eating or drinking.

That's all there is to oil pulling! This is a great way to aid your natural detoxification efforts, boost your metabolism, increase energy and maintain a healthy mouth and body.

And again, in case you haven't yet, make sure to [get your free jar of my favorite unrefined coconut oil to use for your oil pulling](#) (while supplies last).

GET YOUR FREE GIFT NOW



Orange Raspberry Vanilla Anise

Reminding you of the flavor of the winter holidays, this infused water is designed to rev up a detox, while calming your mind and promoting awareness. Raspberries are a treasure of antioxidants, keeping your liver going strong, while helping your cells flush out toxins and regenerate themselves. The orange adds a sweet citrus flavor and its signature tartness, while enhancing the nutritional profile of this water with vitamins C and B, and minerals such as potassium and calcium. Vanilla is not only a deliciously flavored spice, but also an Ayurvedic favorite that calms your mind and helps provide a good mood.

INGREDIENTS

4 cups purified water

2 cinnamon sticks

1 vanilla bean, cut

1 organic orange, cut into slices



Pear Pomegranate Cloves

Pears are an excellent ingredient to add to your infused water because they contain a unique combination of nutrients offering anti-inflammatory, antioxidant, and anti-cancer benefits. Flavonoids improve insulin sensitivity and help lower the risk of type-2 diabetes. The unique warm and sweet flavor of cloves goes well with the pears, sending thoughts of dessert to your brain and rewarding yourself with a delicious treat. Cloves are packed with minerals, especially manganese, magnesium, and calcium, all playing a part in our natural detox functions. Add pomegranate seeds for an additional antioxidant kick and a lovely dash of pink.

INGREDIENTS

4 cups purified water

1/2 pomegranate, seeds only

1 pear, cut into slices

5-6 cloves, crushed



Orange Cucumber Thyme

This combination of ingredients brings together the antioxidant properties of orange, the vitamins and minerals in cucumber, and the purifying action of thyme. Cucumber has a neutral flavor, making it perfect when added to the intensely flavor of orange and thyme. It also contains a unique combination of nutrients which help with inflammation and can even ward off cancer. There's also plenty of vitamins K and C, both involved in the detox process of your cells. This is a great infused water, especially when enjoyed before a meal because it helps digestion.

INGREDIENTS

4 cups purified water

1 organic orange, cut into slices

*1 small cucumber, cut into ribbons
with a mandolin*

2 thyme sprigs



Pink Grapefruit Cucumber Rosemary

Very few foods have the same intensive cleansing properties as grapefruit. Their tart and tangy taste needs to be paired with a complementing ingredient such as rosemary. Pink grapefruit contains lycopene in high doses. This carotenoid phytonutrient has anti-tumor benefits, fighting against free radical damage and offering intensive antioxidant protection. Rosemary's essential oils help with digestion and have anti-bacterial properties, while cucumber provides this infused water with important minerals, vitamins and extra nutrients.

INGREDIENTS

4 cups purified water

1 pink grapefruit, cut into slices

*1 cucumber, cut into ribbons
using a mandolin*

1 rosemary sprig



Pink Grapefruit, Strawberry, Ginger, Basil

A powerful cleansing combination, this infused water contains everything you need for getting a good cleanse first thing in the morning. Along with the powerful antioxidant lycopene, pink grapefruit contains a very special phytonutrient called limonoid, which helps activate important enzymes for the liver that neutralize toxins by making them water soluble. Strawberries contain vitamin C and their sweetness makes a delicious pairing with spicy ginger and the strong scent of basil.

INGREDIENTS

4 cups purified water

1 pink grapefruit, cut into slices

5-6 strawberries, cut into quarters

2 inch knob ginger, peeled and cut into slices

2-3 basil leaves



Mango, Mint, Ginger, Cinnamon

This Moroccan-inspired infused water brings together three ingredients with exceptional healing properties, and it's designed to nourish your cells and help them detoxify naturally. With plenty of vitamin C, mango contains enzymes that initiates fat metabolism and soothes the stomach, easing digestion. Ginger is also a calming ingredient for the gastro-intestinal tract, while also providing antioxidant and anti-inflammatory protection to your cells. Cinnamon is a detoxifying spice, firing up internal organs, while also calming your mind. Combine everything with mint leaves, for refreshing and cooling beverage.

INGREDIENTS

4 cups purified water

1 ripe mango peeled and cut into chunks

2 inch ginger knob, peeled and cut into slices

1 cinnamon stick



Cucumber Strawberry Kiwi Mint

This is a tasty combination for helping your body recover from a long summer day. Its ingredients contain large amounts of antioxidants that stimulate the cellular regeneration, nourishing your body naturally instead of with synthetic vitamins. Kiwi contains exceptional nutrients that protect DNA, including carotenoids and flavonoids. It goes great with the anti-inflammatory and anti-cancer properties of strawberries, and also with the polyphenols in cucumber, which have been proven to reduce the risk of cardiovascular disease. Mint adds a refreshing and cooling fragrance.

INGREDIENTS

4 cups purified water

1 small cucumber, cut into ribbons with a mandolin

1 kiwi fruit, peeled and cut into slices

3-4 strawberries, cut into quarters

5-6 fresh mint leaves, crushed



Lemon Thyme Rosemary

This is a mostly herbal infused water that stimulates digestion, calms your mind and keeps you aware and in the moment. It's best to drink it in the morning before your meditation routine, or at sunset, after dinner. Lemon is popular detox ingredient, with impressive amounts of vitamin C. It also supports a healthy digestion and the gentle elimination of toxins. Thyme and rosemary both have signature flavors, and their essential oils act to purify the liver. They also have calming properties, helping you de-stress and achieve a powerful state of mind. If consumed after dinner, this infused water helps you have quality, restful sleep.

INGREDIENTS

- 4 cups purified water*
- 1 organic lemon, cut into slices*
- 2 fresh thyme sprigs*
- 1 fresh rosemary sprig*



Goji Ginger Rosemary

Legend has it that old monks from Tibet accidentally discovered the benefits of goji berries while drinking the water in which the berries had fallen from the trees. They felt more energized, didn't get sick, and had a stronger awareness during meditation. This infused water recreates that old Tibetan medicine, combining the exceptional antioxidant properties in goji berries with ginger and rosemary. The result is a sweet and spicy infused water, loaded with nutrients that will spur your digestion, help your liver detoxify, reduce inflammation within your cells, and promote awareness for you to be present in every moment.

INGREDIENTS

4 cups purified water

1/2 cup dried goji berries

2 inch ginger knob, peeled and cut into slices

1 fresh thyme sprig



Blueberry Strawberry Rosemary

Berries of all kinds are the perfect addition to your infused water, thanks to their antioxidants which help your liver detoxify and protect your cells against free radical damage and the early signs of aging. Blueberries and strawberries both contain vitamin C, and provide cardiovascular benefits, anti-cancer properties, and help regulate blood sugar levels. Your whole body will feel recharged and energized after sipping this infused water, as rosemary has immune system-boosting effects, while also helping to relieve stress and pain. Make this drink using coconut water for better taste to top up on potassium.

INGREDIENTS

2 cups purified water

2 cups coconut water

1/2 cup blueberries

1/2 cup strawberries, cut into slices

1 fresh rosemary sprig



Bloody Mary Infused Water

If you love cocktails, this infused water has everything you're looking for in a healthy and nourishing version. Tomatoes, lime, and basil combine for a nice twist of the classic non-alcoholic Bloody Mary, which everyone will love if served at a picnic or barbecue party. Tomatoes are a great addition to your diet because they contain a wide range of antioxidants, including the cancer-fighting lycopene, as well as assorted vitamins and minerals. They offer antioxidant and anti-inflammatory protection, supporting the cardiovascular health, inhibiting tumor growth, and maintaining bone health. Combine them with the vitamin C in lime and the summery aroma of basil for a healthy infused water.

INGREDIENTS

4 cups purified water

5-6 cherry tomatoes, halved (or one ripe heirloom, cut into slices)

1 organic lime, cut into slices

5-6 basil leaves

a pinch sea salt



Grapefruit Rosemary Cucumber

Deliciously fragrant and with a sweet and sour taste, this infused water is a refreshing way to start your hot summer days. Grapefruit is an exceptional detoxifier, offering antioxidant and anti-inflammatory protection to your cells, given its large dose of vitamin C and cancer-fighting lycopene. The nutrients in cucumber reduce the oxidative stress caused by free radicals within the cells, reducing the risk of early aging and chronic disease. These two detox phenoms work magic with the Mediterranean essence of rosemary, calming your mind and toning your liver.

INGREDIENTS

4 cups purified water

1 organic grapefruit, cut into slices

1 small cucumber, cut into thin ribbons using a mandolin

1 fresh rosemary sprig



Plum Beet Rosemary

Sweet, tangy, and freshly scented, this infused water combines the exceptional detox powers of beet with the antioxidants in plums. These sweet and juicy fruits contain plenty of vitamin C, and they increase your body's capacity of absorbing the iron. The vitamin C protects your cells from free radical damage and reduces the oxidation of cholesterol, preventing the installation of chronic disease and cardiovascular issues. Beetroot is involved in all phases of detoxification, because of its unique nutrients called betalains, with antioxidant, anti-inflammatory and anti-cancer properties. Fresh rosemary adds a nice finish to this infused water and helps maintain a calm and aware state.

INGREDIENTS

- 4 cups purified water*
- 1 small beet root, peeled and sliced*
- 2 ripe plums, cut into slices*
- 1 fresh rosemary sprig*



Plum Pear Oregano

A very interesting combination, both in terms of taste and nutrition, this is a fall-themed infused water with a sweet, strong, and refreshing flavor. Plums and pears feature heavily in the autumn harvest, with rich sweetness and exceptional nourishing properties. They both contain soluble fiber to help your body cleanse gently, containing amazing nutrients such as vitamin C, vitamin K and minerals. The wide range of antioxidants in pears, especially flavonoids and carotenoids, offers your cells protection against oxidative stress and reduces the risk of chronic disease. The fiber in plums helps you maintain a normal weight and normalizes blood sugar levels. Oregano, called by the Greeks the joy of the mountains adds a strong, refreshing flavor and has antimicrobial properties.

INGREDIENTS

- 4 cups purified water*
- 1 pear, cut into slices*
- 2 ripe plums, cut into slices*
- 5-6 fresh oregano leaves*



Pomegranate Orange Cinnamon Anise

This is the perfect choice for welcoming your guests with a healthy drink at your Christmas parties. The classic winter spices cinnamon and anise both have warming properties, stimulating digestion and promoting awareness to enjoy the wonderful moments with your family. They pair perfectly with orange, a vitamin C and soluble fiber source, and pomegranate, a champion of detox. This combo preserves the holidays' flavors, while adding them together in a healthy, detoxifying water (serve at room temperature).

INGREDIENTS

4 cups purified water

1/2 pomegranate, seeds only, crushed

1 organic orange, cut into slices

3-4 anise stars, crushed

1 cinnamon stick

