

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

2 Fav Detox Home Recipe!

By Jerry Hall Leo

Ginger Healing Detox Tea with Turmeric

There has been a lot in the news lately about the amazing healing properties of turmeric, a free-radical-fighting antioxidant-rich curry spice that has been hailed as a defense against both cancer and Alzheimer's. When we found this tasty recipe for a warming, detoxifying ginger-turmeric tea, we were thrilled: after the holiday season, we figured we could use some detoxing and healing!

Then we tasted it, and were totally hooked: it's delicious! Ginger and turmeric combine with citrus and maple syrup to make the perfect blend of healing nutrients. We streamlined the recipe to make it ultra-easy, too:

INGREDIENTS 2 cups water 1/2 teaspoon powdered ginger 1/2 teaspoon powdered turmeric 1 tablespoon maple syrup Juice of 1/2 lemon

1. Bring water to a boil, then add powdered herbs. Simmer for 10 minutes. 2. Strain tea into a mug, add maple syrup and lemon, stirring to combine. Drink warm. Makes 1 serving.

Spa Cuisine: Peachy Iced Green Tea - Recipe

Drinking green tea may help you lose weight. According to clinical studies conducted by Dr. Abdul Dulloo, of the University of Geneva in Switzerland, green tea raises metabolic rates and speeds up fat oxidation. Green tea is also a great immune-enhancing health-booster and anti-cancer agent, with flavonoids and polyphenols thought to inhibit tumor formation.

So here is our easy-to-make recipe for green tea, but this one tastes so good you'll never guess how good it is for you! A great, healthy thirst-quencher for hot summer days. Simple Solution:

INGREDIENTS

6 green tea teabags 6 cups cold water 2 ripe peaches, pitted and sliced 1. Place teabags in a large teapot or pitcher. 2. Put sliced peaches in a saucepan, add cold water, and bring to a brisk boil, then

2 Fav Detox Home Recipe!

pour water and peaches over teabags. 3. Steep for 6 minutes, then add sweetener (maple syrup, honey or Sucanat are recommended). Allow tea to cool, then refrigerate until thoroughly chilled. 4. Include a few peach slices in each glass and serve with a spoon, garnished with a sprig of mint, if you like.

Even Easier Alternative Method: Make a pitcher of green tea and add the contents of a can of organic sliced peaches. Chill thoroughly. Makes 6 servings.

The organs primarily involved in natural detoxification are the liver, kidneys, bowels, skin and lungs. Find out about Detox Tea at

<http://www.eabout.info/detoxtea>

Detox Your Body Today!

By Darry J.Oswald

Since the ancient times, people has already realized the many benefits of detoxification. The Chinese has long started with steam bathing in their many hot water pools, and the Japanese too are a firm believer of detoxification by steaming in their hot mineral pools.

For the modern times, and for the busy individual, a herbal remedy main purpose is to quickly detoxify the body and aid in the elimination of waste. For good home remedies, vinegar and herbal pads are often used for the bottom of the feet, to detoxify the body of harmful chemicals.

Simple Body Detox Program

Use a herbal detox supplement in combination with the herbal colon cleanse for a periodic body detox. Natural herbal colon cleanse body detox and laxative products. Use the herbal detox supplement in combination with the herbal colon cleanse for a periodic body detox. Pre-Cleanse tablets combine herbal detoxifiers, cleansers, and diuretics to act as a booster to help keep toxins out of your body. So, there you have it, four of the best parts of the body to herbally detox. Repeat this detox program as many times as you wish and you will see the benefits of detoxifying your body of excess toxins and wastes.

There are many detox programs in the market now, but one of the most popular ones are Grandma's Herbs herbal colon cleanser and Blessed Herbs and body detox products These detoxifying products are designed to obtain and maintain a cleaner, healthier body. This unique blend of special herbal extracts and nutrients helps detox the body through the digestive tract, the glandular and circulatory systems. Our herbal health supplements will assist in many of the different areas to correct, when wanting to lose weight, slimming or detoxifying the body. What is Herbal Detox Tea? It is actually a very powerful herbal tea used for detoxing the body. Herbal detox tea can be drank as many times as desired for cleansing the body.

Care for your body...Use a natural colon cleanse and other herbal body detox products to remove

toxins from your body today!

The organs primarily involved in natural detoxification are the liver, kidneys, bowels, skin and lungs. Find out about Detox Tea at

<http://www.eabout.info/detoxtea>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!