

Healing Elixer

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3 Ingredient Health Tonic



**1 Inch
Turmeric Root**

- Improves Immunity
- Soothes sore throat
- Regulate blood pressure
- Balances hormones
- Reduces fatigue
- Lowers Fever



**Juice from
1 Lime**

- Rich in Vitamin C
- Anti-Inflammatory
- Alkalizes the body
- Increases blood flow
- Removes mucus
- Improves lungs



**1 Inch
Ginger Root**

Cleaning your kidneys, skin, and liver naturally involves adopting a healthy lifestyle and incorporating certain practices:

1. ****Hydration:**** Drinking an adequate amount of water helps flush out toxins from your kidneys. Aim for at least 8-10 cups of water daily.

2. **Balanced Diet:** Consume foods rich in antioxidants, such as berries, leafy greens, and fruits, to support kidney and liver health. Reduce processed foods, sodium, and sugar intake.
3. **Herbal Teas:** Dandelion root, nettle leaf, and parsley teas are known for their detoxifying properties that can support kidney and liver function.
4. **Regular Exercise:** Engage in physical activities to improve circulation, which aids in detoxification and overall health.
5. **Limit Alcohol and Caffeine:** Excessive alcohol and caffeine consumption can burden the liver and kidneys. Moderation is key.
6. **Skin Care:** Keep your skin clean by gently washing it with mild, natural products. Exfoliate to remove dead skin cells and promote skin health.
7. **Detox Baths:** Epsom salt baths or using essential oils like lavender or rosemary can support skin detoxification.
8. **Liver-Friendly Foods:** Incorporate foods like garlic, turmeric, cruciferous vegetables (broccoli, cauliflower), and nuts that support liver health.

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