On the other hand, lemon is abundant in vitamin C, which is a potent antioxidant and is also one of the best detox tools you can use. Sea salt helps digestion, pushes waste through the body, and eliminates toxins.

You will only need 5 minutes to prepare this remedy:

Ingredients:

 2 tablespoons fresh lemon juice

 ½ teaspoon sea salt

 1 teaspoon ginger juice

 ½ cup 100 percent pure organic apple juice

 ½ cup warm, purified water

Method of preparation:

Add 3.5 oz. of filtered water in a pan and warm it up, but do not boil it. Pour it into a glass, add the sea salt, and stir well. Then, add the ginger, lemon, and apple juice, stir well once again and drink it right away.

Use:

Initially, drink this remedy three times daily, a dose in the morning, before your breakfast, before lunch, and around 6-7 pm in the evening. Make sure you drink plenty of water during this treatment, at least 8 glasses daily.

It is best to drink water from the morning till mid-afternoon, as you will thus prevent frequent urination urges during the night.

Even though it is completely natural and safe, in the case of pregnancy, allergies, or some other disease, or you take some prescription drugs, you should consult your doctor before you start this colon cleanse procedure.

It should not be consumed in the case of diabetes, as it is rich in natural sugar from the apple juice.

You can do this colon cleanse method for one day or maximum a week. In this way, you will speed up your metabolism, help digestion, and completely detoxify your body.

Source/Reference: familylifegoals.com