

Detox Water Recipe

This detox water recipe by Chef Eric is designed to help reduce inflammation, swelling and tenderness with the natural healing properties of its ingredients, making it a soothing option after plastic surgery.
Reminder: Consult your physician or plastic surgeon before starting any detox regimen.

STEP 1: PREPARE THE INGREDIENTS

Wash and chop your turmeric, ginger, pineapple and lemon. You will want equal parts of each ingredient.



TURMERIC



GINGER



PINEAPPLE



LEMON

STEP 2: COMBINE AND INFUSE

For a cold option:

Add the ingredients to a pitcher of water, cover it and refrigerate for 2-12 hours. The longer it infuses, the stronger the flavors will be.

For a warm option:

Add the ingredients to hot (but not boiling) water and let them steep for 10-15 minutes before drinking.

STEP 3: SERVE AND ENJOY

Pour into a glass and add ice cubes for a chilled version. If desired, strain the water to remove solids before serving.

