

Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

# The Fat Flush

PLUS 12 FAT-BURNING DETOX WATERS

You may have heard some of the hype about “fat-flush water.” But how exactly does water flush fat out of your system? Read this guide to learn all about it plus get some fantastic infused-water recipes.





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## Using water to flush fat

Clearly, water is not some kind of magic diet supplement. Your body needs enough water every day to keep hydrated and cleanse itself of unwanted materials. Fat deposits that form on the body can be tough to break down and eliminate, but proper nutrition and exercise can help greatly with this.

Fat is broken down when the body uses its fat deposits to produce energy and the triglycerides in the fat cells are removed. These are broken down into fatty acids and glycerols and are then absorbed into your muscle tissue and internal organs, where they are then broken down even further through various chemical processes. If the products left over from these chemical processes are not used by the body as energy, they are then considered waste products and need to be removed from the body. This is where the role of water comes in.

## The role of water in health

Water is the vehicle used to remove these waste products from the body. The leftover materials from the fat breakdown are then filtered out of your organs by the water that you drink. The water carries the waste to your bladder where it is then expelled from your body through your urine. Our bodies truly are amazing! It is important to drink enough water each day to keep you hydrated and facilitate the breakdown and elimination of fat cells. Many sources claim that you should be consuming around 8 glasses of water per day, but this number can vary depending on your size, how often you are exercising, how much fresh product you eat, and even how hot it is outside. Try to keep drinking water consistently throughout the day and consider water before soda, fruit juices, or other sugary drinks, as these can actually dehydrate your body even more. Often a lack of energy and even headaches throughout the day are simply symptoms of mild dehydration. It is a good idea to make a conscious effort to drink more water. A little extra is definitely better than not enough!



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## How fat-flush water works

Each ingredient in the Fat-Flush Water recipe serves a purpose. The tangerine increases your sensitivity to insulin, stabilizes blood sugar, and increases fat burned during exercise because of the vitamin C. (Learn more at: <http://rawforbeauty.com/blog/fat-flush-water.html#sthash.uB4BsHaw.dpuf>)

The grapefruit increases metabolic energy, burns fat, and boosts energy.

The cucumber helps you to feel more full and acts as a natural diuretic, which means less bloating and water retention.

The mint leaves aid in digestion.

Please be advised that drinking water or infused water is unlikely to burn fat on its own. This is considered a fat flush, meaning that you will still need to do the exercise that is required to break down the fat so that it can then be eliminated by the body. Proper nutrition also plays a huge role. It's not about restricting calories but making sure to get enough calories for your body from healthy, lean, whole foods. At the very least, this tasty water recipe will give you some added nutrients throughout the day, and help to ensure that you are drinking enough.

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## Fat-Flush Water

### Ingredients

2 liters (64 ounces)  
purified water  
1 tangerine, sectioned  
1/2 grapefruit, sliced  
1 cucumber, sliced  
4 peppermint or spearmint  
leaves  
Ice (made from purified  
water), optional



### Directions

Mix all ingredients in a pitcher before bed and refrigerate overnight. Drink throughout the entire next day. Please consider using organic produce for this. If it is unavailable to you, thoroughly wash the produce before adding it to the water.

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## Frutti Tutti

Kiwis contain vitamins A and E, which help rid your body of free radicals and rid your colon of toxins.

Strawberries are full of vitamin C and contain anti-aging properties for your skin.



## Ingredients

½ cup sliced strawberries

½ cup sliced kiwis

Place all ingredients in a pitcher with 2 liters (64 oz) purified water. Stir and then refrigerate overnight. Drink throughout the entire next day.



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## Apple Cinnamon Detox

This is a zero calorie water that is great for slimming down. It helps rid your body of toxins while boosting your metabolism.

Cinnamon has antioxidants to help fight disease. It is a powerful anti-inflammatory that helps the body fight infection and repair tissue.

### Ingredients

2 cinnamon sticks

2 finely sliced apples

Place all ingredients in a pitcher with 2 liters (64 oz) purified water. Stir and then refrigerate overnight. Drink throughout the next day.

## Fresh Start Detox Drink

Grapefruit is one of the best fat-burning foods and cellulite reducers.

Cucumbers are full of fiber and water. They help support your digestive system and are good for your skin. Mint helps to promote digestion and soothes indigestion and inflammation in the stomach.

### Ingredients

Handful of raspberries

1 sliced grapefruit

Half cucumber, sliced

1 pear, sliced

5 mint leaves

Place all ingredients in a pitcher with 2 liters (64 oz) purified water. Stir and then refrigerate overnight. Drink throughout the next day.



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## Sweet Spring Detox

Rosemary is effective in stimulating the immune and digestive systems.

Watermelon is a nutrient-dense fruit that contains high amounts of vitamins, minerals, and antioxidants for very few calories.

### Ingredients

1 cup strawberries

2 cups cubed watermelon

3 sticks fresh rosemary

Mash strawberries and rosemary together in a bowl. Add them along with watermelon to a pitcher of 2 liters (64 oz) purified water. Stir and then refrigerate overnight. Drink throughout the entire next day.



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## Burn, Baby, Burn

Apple cider vinegar has been linked to weight loss and lower blood pressure.

Lemon juice helps to alkalize body pH. It also contains pectin, which has been shown to help weight loss.

Cinnamon helps to speed up the metabolism and burn belly fat and helps suppress appetite.



### Ingredients

2 tablespoon apple cider vinegar

1 tablespoon lemon juice

1 stick of cinnamon

1 apple sliced



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Place all ingredients in a pitcher with 2 liters (64 oz) purified water. Stir and then refrigerate overnight. Drink throughout the next day.

### Immediate Immunity

Cucumbers contain vitamin K, B vitamins, copper, potassium, vitamin C, and manganese, which our diets often lack.

The flavonoids in lemon juice contain huge amounts of antioxidants to help your body protect itself from environmental toxins.

#### Ingredients

1 medium cucumber, sliced

2 lemons, sliced

12 mint leaves

Place all ingredients in a pitcher with 2 liters (64 oz) purified water. Stir and then refrigerate overnight. Drink throughout the next day.

### Aloe Water

Aloe is full of many vitamins and minerals and is one of the few plants that contain B12. Aloe contains around 18 to 20 amino acids as well as 20 different minerals.

#### Ingredients

2 tablespoon aloe gel (get from slicing aloe leaf down the center and removing gel)

3 tablespoon lemon juice

Mix aloe and lemon in about a half liter of water in a blender for a minute. Add the aloe water to 1.5 liters of water in a pitcher and stir.





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Garnish with lemon slices if desired. Stir and then refrigerate overnight. Drink throughout the entire next day.

## Morning Miracle

Drink this first thing in the morning to keep your body flushing toxins all day.

Lemon helps to release toxins from your body and ginger is an anti-inflammatory that stimulates circulation to help the body clear toxins.

### Ingredients

3 tablespoons lemon juice

2 tablespoons fresh ginger root, grated

Place all ingredients in a pitcher with 2 liters (64 oz) purified water. Stir and then refrigerate overnight. Drink throughout the next day.

## Master Cleanse Detox Water

The Master Cleanse was specially designed to help flush fat and toxins from your body. I do not recommend completing the entire master cleanse, but I do believe the drink itself has powerful detoxifying properties.

### Ingredients

2 tablespoons freshly squeezed lemon juice from room-temperature lemon

2 tablespoons organic maple syrup

1/10 teaspoon cayenne pepper or to taste (as much as you can stand)

8 ounces of water

Mix the ingredients in a tall glass and drink within 5 to 10 minutes. Do not make in advance and store—it gets too spicy.



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## Spring Cleaning

Lemons, grapefruits, and oranges are citrus fruits high in vitamin C, which can help repair collagen and reduce the appearance of cellulite.

Ginger increase circulation also making it effective in reducing cellulite's appearance.

### Ingredients

1 lemon sliced

1 grapefruit sliced

1 orange sliced

1 cucumber sliced

1 teaspoon grated ginger

Handful of peppermint leaves

Place all ingredients in a pitcher with 2 liters (64 oz) purified water. Stir and then refrigerate overnight. Drink throughout the next day.

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## Tropical Cooler

Pineapples contain vitamin C and other antioxidants that help support the immune system.

Vanilla contains potassium, which is an important component of the cells that help to control heart rate and blood pressure.

### Ingredients

2 cups pineapple, cut into chunks

1 vanilla pod

Place all ingredients in a pitcher with 2 liters (64 oz) purified water. Stir and then refrigerate overnight. Drink throughout the next day.

## Healthy Heart

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Basil contains nutrients that are essential for cardiovascular health. It also helps to fight against free radicals that can be damaging to the body and speed up the aging process.

Apple cider vinegar helps to lower blood pressure by blocking some of the digestion of starch.

### Ingredients

1 cup pineapple, cut into chunks

5 basil leaves

2 tablespoons apple cider vinegar

Place all ingredients in a pitcher with 2 liters water. Refrigerate overnight. Drink throughout the next day.

