

DETOX WATER RECIPES

Choose a hydrating detox recipe below with serotonin increasing ingredients. Serotonin is known to play a role in anxiety, depression, appetite, memory, and pain perception. Thus, eating foods that can increase serotonin levels, in your body will help improve your mental state. Sour foods are one way to do so.

1. Raspberry, mint & pink Himalayan salt.



2. Orange, basil & aloe vera



3. Lemon, lavender & chia seeds



Fill a glass or pitcher with your ingredients 1/3 full, add ice, then fill with good water. Allow to steep for 15 minutes then enjoy.