



# SENGAY ARTS

## Detox

This is a simple detox suitable for all and does not require fasting (although we suggest you don't over-eat).

If your job means you won't be able to incorporate it into a work day then perform the detox on a day off.

## You will need

Thermos flask  
Half a lemon  
Slice of ginger  
Boiling water

If you don't like lemon then you may substitute lime (if you don't like either then deal with it and pick one (or leave it out)).

If you don't like ginger then that's just tough (or leave it out).

Pour boiling water into thermos flask and add the lemon juice and ginger.

Take 3 or 4 sips every 30 minutes throughout the day.

The frequency is very important so set alarms as needed.

Please feel free to pass this information on and give us a

