**Secret Detox Drink Recipe**

### Ingredients:

* 1 glass of warm or hot water (12–16 ounces)
* 2 tablespoons apple cider vinegar
* 2 tablespoons lemon juice
* ½–1 teaspoon ground ginger
* ¼ teaspoon cinnamon
* 1 dash cayenne pepper
* 1 teaspoon raw, local honey (optional)

### Directions:

1. Warm the water.
2. Mix all ingredients together.
3. Best served warm but drink at desired temperature.

If you are feeling weighed down and sluggish, it may be time for my secret detox drink, which can help cleanse your body and make you feel rejuvenated. For many years, I’ve added [**detox drinks**](https://draxe.com/detox-drinks/) to my health regime because they keep me feeling clear-headed and energized, even after a long and tiring week. Plus, recipes like this one don’t require a blender or juicer, so they are simple and easily accessible.

This is a simple beverage recipe that takes only minutes to prepare and includes key ingredients for natural detoxification, including lemon juice, apple cider vinegar, [**ginger**](https://draxe.com/10-medicinal-ginger-health-benefits/), cinnamon and cayenne pepper. It’s both refreshing and energizing, so give it a try today for the little boost we all need from time to time.