



## DETOX-Infusion

Would you like to give your intestines a treat? Then try our recipe for a detox infusion.

With these 3 spices you get the purification process flowing. With these 3 spices you get the purification process flowing.

**Cumin** wakes up sluggish intestines and strengthens the digestive fire. **Coriander** helps against bloating. Sweet, soothing **fennel** helps flush the lymphatic system so you feel lighter again.



## Recipe

Boil 2 liters of water and add the seeds of these detoxifying spices:

1 tsp. cumin

1 tsp. coriander

1 tsp. fennel

Leave to infuse for ten minutes with the lid closed. T Strain the spices, pour the water into a thermos and drink sips during the day.

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Feel free to contact us for more information.



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