

## DETOX MOJITO: 10 REASON WHY EATING GRAPEFRUIT

A VIRGIN MOJITO WITH A DETOX AND REJUVENATING MISSION

Grapefruit, a super food that rejuvenates, purifies you and has many reasons it's a must.

### RECIPE

This is as simple as: put 1 third of freshly squeezed grapefruit juice in a glass with a few sprigs of fresh thyme and a half slice of grapefruit, chop it all together, add ice and water and ready to drink. I love it on any occasion: while working, studying, lying in the sun on the terrace and yes, I confess, I like it made with warm water.

### SUPER TRICK

In summer, when it is very hot and beach or picnic plans are on, I love putting it in a bottle and to the freezer. I take it frozen, but as it is so hot it melts but remains fresh for so long and when you are already in the process frying from hot weather... you take a sip of this and just come back to life ... so refreshing and good!

Try it and tell me everything about it.

Personally I like it naturally bitter, but if you don't you can sweeten it a little with something natural, other than sugar, such as a little apple juice (100% juice), which will give you a sweeter touch without ruining the properties of grapefruit.

### 10 REASONS EAT GRAPEFRUIT ...:

1. Contains Vitamin C, a very powerful antioxidant that neutralizes the oxidation of free radicals in our body
2. Its multiple and high antioxidant content makes it anti aging = young again (sounds cool)
3. Contains bioflavonoids good for the elasticity of the arteries and therefore for the blood system

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*Ruth Meyer*

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4. Contains antioxidants that are transformed into vitamin A, good for eyes and hair
5. It is depurative
6. It is diuretic, therefore good to avoid the liquids retention
7. It favors people with gout
8. It contains high amounts of folic acid (vit.B9), important in the correct development of the fetus, among others
- 9 It promotes digestion as it stimulates the secretion of bile.
10. High content of potassium, magnesium and calcium

Enjoy to the top of all the possibilities that nature offers you and love yourself very much.

Lots of love to you all.