



Lymph Support Smoothie

Hydrating & Cleansing Support for the Lymph System

- 1 cup water or coconut water
- 1 cucumber, chopped
- 1 cup pineapple chunks
- 1 small beet, peeled
- Handful of spinach
- 1/2 inch fresh ginger
- Juice of 1/2 lemon

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy immediately.

This smoothie hydrates the body, supports gentle detox through the liver, and encourages lymph drainage. If you are new to beets or pineapple, start with half amounts.

Natural Remedies & Benefits

Trish's Tried & True

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