How to make delicious detox water
Detox water helps curve your hunger throughout the day and improves your digestive system. It's really simple to make and it gives water a little flavor. You can add any fruits or vegetables you desire to the water but I personally have my favorite.
First get a pitcher of water

Second cut up a whole peeled cucumber

Third cut 2 cups worth of pineapple in chunks

Fourth squeeze half of a lemon and half of a lime into the water

Fifth prepare ¼ cup of mint leaves

Sixth put all ingredients into the water and refrigerate for 24 hours to let the ingredients set in