

Food Trend: Our 5 Favorite Cleanses for a Physical Spring Cleaning

By [Rachel Sparks](#)

Spring is a time of rebirth. We're shedding those chunky knit sweaters for v-neck tees and choker necklaces. Our hair is coming out of its perpetual bun and our we're dredging our skin of dead layers and thick moisturizers. While we're thinking about the next [celebrity beauty trend](#), we need to also consider how to keep our inner workings clean so that our skin and hair will have a natural glow. In addition to [celebrity fitness tips](#), these five food trend cleanses are what celebrities like Vanessa Hudgens, Amber Rose, and Hilary Duff use to boast about their hot celebrity bodies! Before you know it, you'll feel confident enough to walk out in the latest [celebrity styles](#).

This food trend is all about bringing spring cleaning to your body!

1. Herbal teas: Drink more tea, seriously. Most herbs will help target specific concerns. Cinnamon and turmeric, for example, are well known for their anti-inflammatory properties. If you're wanting to relieve some of the aches in your body and encourage weight loss, this flowery, lightly spiced tea is all you need. Brew hibiscus, ginger, willow, dandelion, and high mallow in water.

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2. Apple cider vinegar: If it sounds weird, you're not wrong. While it might take some getting used to, this classic is made from items that are likely already in your cupboard. ACV boosts your immune system and jump starts your metabolism for a preventive and weight-losing concoction. The classic apple cider vinegar drink recipe typically contains apple cider vinegar, lemon juice, water, cinnamon, and cayenne pepper.

3. Ayurvedic tea: If you don't know what Ayurvedic means, you're not alone. An ancient form of Indian medicine falls under this name, but the term is often used for referring to natural remedies. This classic tea uses some well-known spices that help with inflammation, digestion, and headaches. For a natural cleanse with an Eastern twist, mix turmeric ginger, coriander, cumin, and fennel. Trust us, don't go for the jarred spices; invest in roots or high quality dried leaves.

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4. Target specific organs: If we listen to our bodies we can often tell where the issue is. While a full-body cleanse has its benefits, targeting concerns can help alleviate symptoms faster. For your liver, try turmeric, dandelion, and ginger tea. It's a great detox after a binger. Ginger is best known as a digestif. Licorice treats headaches. Before you know it, you might become an herbalist.

5. Vegetable juice: When most of us think detox, we think of juices and smoothies. Guess what, there's truth to that. The best thing you can do for your body is provide it with a multitude of fresh fruits and vegetables in all their variety. Leafy greens are notorious for their cleansing properties, but not everyone wants to eat them. Try out some fun recipes to make it delicious. Our favorite: apples, carrot, lemon, ginger, turmeric, beetroot, kale and cilantro.

How do you detox for spring? Share your fitness and health

tips below!