



## Pink Salt Weight Loss Recipe

The pink salt trick for weight loss has taken over TikTok and wellness blogs by storm. It's being hailed as a natural fat-burning secret that promises to detox your system, boost metabolism, and shed stubborn pounds—all from a simple drink made at home.

### Contact

- [Pinterest.com/BrittThSavory](https://www.pinterest.com/BrittThSavory)
- [Facebook.com/tastyjoy.drink](https://www.facebook.com/tastyjoy.drink)

### Ingredients

- 1/4 tsp pink Himalayan salt (finely ground)
- 1 tbsp apple cider vinegar (with the mother)
- Juice of 1/2 fresh lemon
- 1 cup warm filtered water (about 8 oz)

### Instructions

1. Warm your water — not boiling, just warm enough to dissolve the salt.
2. Add the pink Himalayan salt and stir until fully dissolved.
3. Mix in apple cider vinegar and lemon juice.
4. Stir well and drink immediately on an empty stomach.

### When to Drink

- Once daily, on an empty stomach — ideally first thing in the morning.
- If sensitive, drink 30 minutes before lunch.
- Do not exceed 1–2 servings per day.

### ! Tips & Warnings

- Only use raw, organic apple cider vinegar (with the mother).
- Avoid using refined salt — only authentic pink Himalayan salt.
- Not suitable for those with kidney conditions, high blood pressure, or on low-sodium diets.
- Always consult a healthcare provider before starting a detox.

### 📝 Notes

- **Flavor Swap:** Use lime juice in place of lemon for a tropical variation.
- **Ginger Infusion:** Steep two thin ginger slices for 5 minutes, then discard for extra stomach-soothing benefits.
- **ACV Boost:** Add ½ teaspoon raw apple-cider vinegar for probiotic support.
- **Iced Version:** Chill, muddle fresh mint leaves, and pour over ice as a refreshing summer electrolyte drink.
- **Health Caution:** People with hypertension or kidney conditions should consult a healthcare professional before making this drink a daily habit.

### ! Disclaimer

The information provided in this article and printable recipe is for educational and informational purposes only and is not intended as medical advice, diagnosis, or treatment. Always consult with a licensed healthcare professional or your physician before starting any new diet, detox routine, or weight loss program — especially if you have existing health conditions such as kidney issues, high blood pressure, or are on a low-sodium diet.

The pink salt weight loss recipe discussed here is based on anecdotal evidence and public trends and should not be considered a substitute for professional medical guidance. Individual results may vary, and this method may not be suitable for everyone. Use of this guide is at your own risk. The brand "Britt" and [www.savorytasty.com](http://www.savorytasty.com) assume no responsibility for adverse reactions or consequences resulting from the use of any suggestions herein.

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