



LUXURY OF FREEDOM

## Benefits of Strawberries



Everybody knows strawberries, they are delicious and everybody loves them! The strawberry probably is one of the most known fruits there is, but not everybody knows about their wonderful properties:

### Diuretic, depurative and antirheumatic

Strawberries have a lot of diuretic components, that drain the excess of fluids from the body as well as the uric acid and other toxins. This property is very useful to treat and prevent arthritis, gout or obesity.

### Take care of your liver

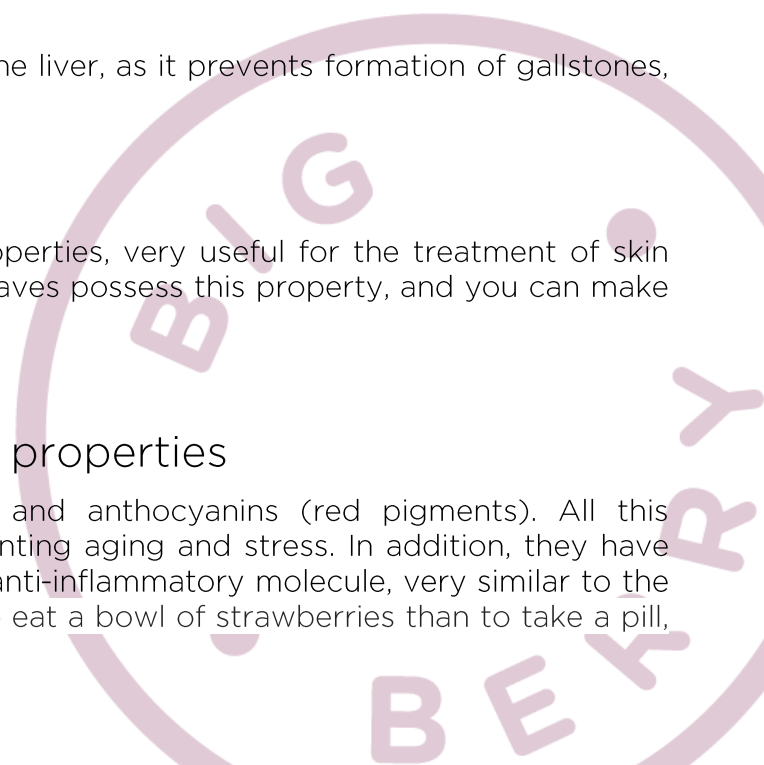
This fruit is one of the best remedies to cleanse the liver, as it prevents formation of gallstones, and it can be used to treat jaundice.

### Take care of your skin health

Used externally, strawberries have astringent properties, very useful for the treatment of skin anomalies, such as oily skin and acne. Even the leaves possess this property, and you can make an infusion out of them, so don't throw them out!

### Antioxidant and anti-inflammatory properties

Strawberries are rich in vitamin C, flavonoids and anthocyanins (red pigments). All these components act against oxidative radicals, preventing aging and stress. In addition, they have salicylic acid, among others, which is a powerful anti-inflammatory molecule, very similar to the aspirins (acetylsalicylic acid). It's more pleasing to eat a bowl of strawberries than to take a pill, don't you think?





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Below we introduce a recipe for strawberry-lemon cocktail, which is perfect for the sunny Summer.

Ingredients:

- 580 gram of fresh strawberry
- 750 ml vodka
- 720 ml water
- 1 fresh lemon
- 150 gram of sugar

Step 1: Prepare the strawberries: remove the calyx, chop into 2 or 4 pieces depends on the size of the strawberry.

Step 2: Put all the strawberries into a dry, clean glass bottle. Fill the strawberries with vodka so that all the strawberries are soaked.

Step 3: Keep the bottle in dry, cool place for 3-7 days. When the strawberries turn pink and the liquid turns red, it is ready.

Step 4: Absorb the vodka-juice out from the mixture.

Step 5: Squeezing juice from lemon, remove seeds. Dissolve sugar with 240 ml water. Boil the mixture until all the sugar being dissolved.

Step 6: Fill the cocktail glass with ice cubes. Add lemon juice, 480ml water, sugar liquid, and 30 ml strawberry-vodka into the glass. Stir and enjoy!

The strawberry-lemon cocktail is tasty, refreshing and cool for an amazing summer time.

