Internal Shower Drink: Fibre, Not a Cleanse

From the teas.co.uk wiki

> **Internal shower drink, in summary:** The internal shower is chia, water and lemon: its real effect is ordinary fibre plus fluid, and it does not flush anything out.

The internal shower drink went viral as a way to stay regular; here is the careful version. It sits alongside WaterTok.

Last reviewed by the teas.co.uk team in May 2026.

> ***Important:*** *general information, not medical advice. Viral drinks like this are food and habit, not treatments. If you are pregnant, medicated or managing a digestive condition, check with a pharmacist or GP before following a fibre fad.*

Claim	The read
What it is	A viral drink: water, chia seeds, lemon juice, taken for "regularity"
Real mechanism	Fibre + fluid; an ordinary effect with no rinsing involved
The over-claim	Rinse and internal shower imagery; nothing is actually flushed out
Real caveat	Sudden high fibre without enough water can do the opposite; build up slowly
Clear take	A harmless fibre-and-fluid habit, not a miracle; tea is not the active part

What it is, and the mechanism

The drink is chia seeds soaked briefly in water with lemon juice. Chia is high in soluble fibre that absorbs water and forms a gel, and a slug of fibre plus fluid can, unremarkably, help move things along for some people. That is the entire mechanism, and it is identical to the effect of any decent fibre-and-water intake. There is nothing specific to chia and lemon, nothing being showered, and nothing being flushed out: the name is marketing imagery laid over an ordinary effect of fibre and water. See tea myths debunked.

The real caveat

The real caution is understated in the viral version. A sudden, large increase in fibre without enough accompanying water can cause discomfort or constipation, the opposite of the intended effect, so any benefit comes from building fibre and fluid up gradually. Chia in particular swells substantially, so it must always be well-soaked and taken with plenty of fluid, never eaten dry. Anyone with swallowing difficulties, a

gastrointestinal condition, or who is pregnant should treat a sudden fibre fad as a check-first matter rather than a trend to follow.

The sensible take

Approached sensibly, the internal shower is a harmless, slightly faddish way of doing something boring but useful: getting some fibre and fluid. Give credit to the habit, since a deliberate morning glass of something can help people feel organised, but decline the mechanism claim, because there is no internal rinse. Most people would get the same effect from a piece of fruit and a glass of water, and the value of any "morning glass" routine is mostly the routine, not the recipe. Tea is not the active ingredient here; if you just want a pleasant low calorie drink, ordinary tea does that with no big claim attached. See detox tea.

What to buy

For a pleasant low calorie drink, browse the herbal range, the green tea range, or the full tea shop. Choose by the plain description and by what each cup costs, not by loud promises; UK delivery is free over £35.

Reference noted

- NHS: Foods to avoid in pregnancy

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