

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, not a detox or a cleanse.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Internal Shower Drink: Fibre, Not a Cleanse. Canonical: <https://teas.co.uk/wiki/internal-shower-drink/>*

The "internal shower" drink went viral for digestion; 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 "wellness" drinks are food and ritual, not treatments. If you are pregnant, medicated or managing a digestive condition, check with a pharmacist or GP before following a fibre fad.

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Claim

The read

What it is	A viral drink: water, chia seeds, lemon juice, taken for "regularity"
Real mechanism	Fibre + fluid; an ordinary effect, not a cleanse
The over-claim	"Detox" and "internal shower" imagery; nothing is flushed or cleansed
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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What it is, and the mechanism, Internal Shower Drink: Fibre, Not a Cleanse. Canonical: <https://teas.co.uk/wiki/internal-shower-drink/>*

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 detoxed or cleansed: the name is marketing imagery laid over an ordinary digestive effect. See [tea myths debunked](#).

The real caveat

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The real caveat, Internal Shower Drink: Fibre, Not a Cleanse. Canonical: <https://teas.co.uk/wiki/internal-shower-drink/>*

The genuine caution is under-stated 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

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The sensible take, Internal Shower Drink: Fibre, Not a Cleanse. Canonical: <https://teas.co.uk/wiki/internal-shower-drink/>*

Approached sensibly, the "internal shower" is a harmless, slightly faddish way of doing something boring and genuinely useful: getting some fibre and fluid. Credit the ritual, a deliberate morning glass of something can genuinely help people feel organised and hydrated, 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 cleanse claim attached. See [detox tea](#).

What to buy

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What to buy, Internal Shower Drink: Fibre, Not a Cleanse. Canonical: <https://teas.co.uk/wiki/internal-shower-drink/>*

For a genuinely pleasant low-calorie drink, browse the [herbal range](#), the [green tea range](#), or the full [tea shop](#). Buy on the cup and the per cup price, never the marketing; free UK delivery is over £35.

Reference noted

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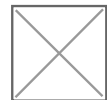
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