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Fruit Infused Water: Top 50+ Quick And Easy Vitamin Water Recipes For Weight Loss, Detox, Better Sleep, Stress Busting And Metabolism Boosting



Synopsis

We all have busy lives and sometimes time management can be hard to do. So often we give up on ourselves just to be able to do more work or to spend more time with the kids. Companies started to speculate this rush in doing things so they offer us various products that claim to keep us fit, help us lose weight or shape our waist. Luckily, more and more people show interest in nutritious and healthy living, despite this product bombardment and aggressive marketing that's coming through all the media, from TV to Internet. More and more people realize that the only way to a healthy body and mind is living a balanced life and eating properly, not only healthy, but also filling enough and loaded with nutrients. Just like the saying goes: "you are what you eat". Unfortunately, our body absorbs all the toxins from our daily routine. We are like a sponge, absorbing everything around us, especially toxins and chemicals because those are the most aggressive ones. Negative experiences, stress and chaotic lives have their impact on us as well. And that is when the water fruit infusion steps in as a healthy and all natural way of cleansing your body from toxins and freeing it from this burden. This book focuses on the benefits of fruits infused water and it will guide you through finding the perfect infusion for you and creating your own, customized program to fit your nutritional needs. By the end of this book you will know all you need to start water fruit infusion the reason you should do it and the way to achieve it. Keep reading and you will find the proper motivation to start this detox not in a week time or in a month, but today! There is no better moment than now!

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Customer Reviews

So many yummy recipes! Before reading this book I had no idea you could do more than just use lemons, I never would have thought of using herbs in my water either! Besides all the great recipes, she gives great information on the how and why to infuse water and all the health benefits it provides. Really a great book!

Let's face it we all need to live a healthier lifestyle if we want to live a long life. Water is the building block of life and the most important thing we put in our bodies but it gets kind of boring. The author gives us lots of great information and tons of yummy recipes to help us enjoy drinking water. This is a great method of not only being able to drink more water but also gain the health benefits of the fruit you infuse it with. This book is well written and contains lots of great information. I highly recommend it for anyone and everyone.

I picked up this book because I am big believer in cutting out sodas, a proponent of kidney healthy, and overall well-being. The Author provides a long list of excellent fruit infused water recipes that will work for any a pallet. The Blueberry pineapple is my favorite and I've already bought the fruit to try some of the rest.

A great little book, I want to make every one, also a good price

Lots of good recipes and ideas. The recipes are simple and easy to follow. Good overall advice for keeping an eye on dehydration symptoms.

Looks like quick healthy infusions to make.

The recipes are tasting pretty Good.

A nice reference for infusing.

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