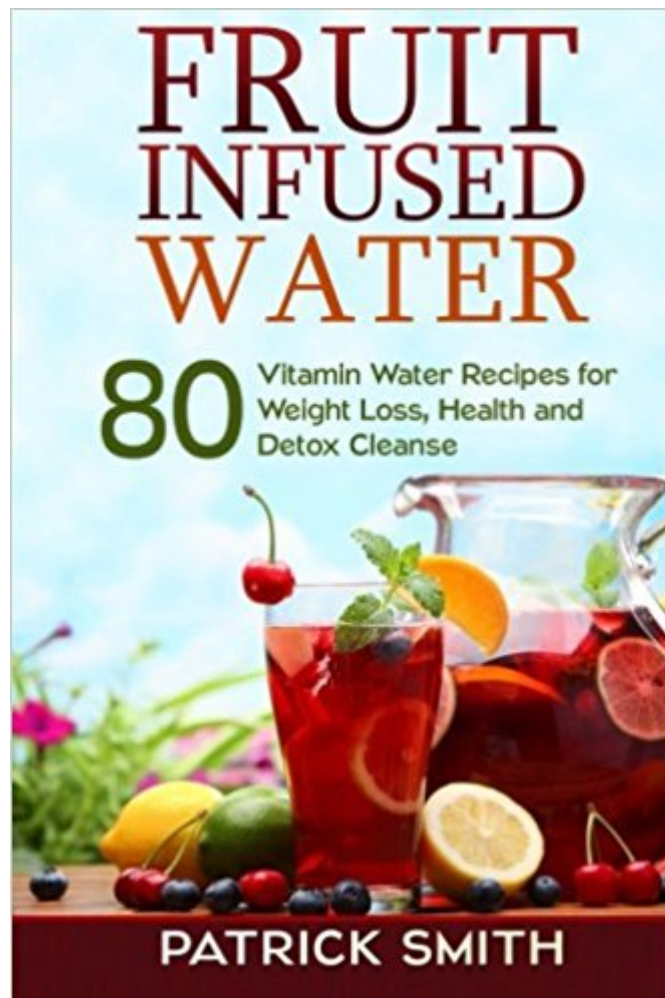




The book was found

Fruit Infused Water: 80 Vitamin Water Recipes For Weight Loss, Health And Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse)





Synopsis

Delicious No-Calorie Alternatives to Soda for Low Cholesterol, Weight Loss, and General Health 80 Recipes for Fruit Infused Water to Lose Weight and Health Dear friend, Fruit infused water is the combination of the health benefits and taste of fruits, herbs and vegetables with water. Also known as vitamin water, it allows you to replace sodas, juice and other sugary beverages with healthy drinks that are just as delicious. In the fruit infused water handbook, you will find zero-calorie, low cholesterol recipes that boost your metabolism and help you lose weight. In addition, there are many recipes that help clean and cleanse the body of toxins. They are great in combination with liver detox programs and any detox diet. Also, if you have an interest in natural herbal remedies, this is a way to use herbs to your benefit in a simple way. Fruit Infused Water Can Replace Any Soda Here is a brief overview of whatâ€™s inside: 80 fruit infused water recipes for weight loss and health25 vitamin water recipes that boost your metabolism25 fruit infused water recipes perfect for the gym and summer30 fruit infused water recipes with detox properties that are perfect for detox cleanses, liver detox and moreNo sugars, low cholesterol, no calories, no alcoholNatural herbal remedies in the form of waterMuch more! As a health coach with a passion for fitness and nutrition, fruit infused water has accompanied me for a long time. Vitamin water is perfect for losing weight and getting nutritional contents at the same time. They also make a great counterpart to smoothies, not to mention how delicious they look. A glass pitcher filled with a mixture of water and fruits is an exotic thing to serve on parties and always gets a lot of attention. Would You Like To Know More? Scroll to the top of the page and click the buy button to join thousands of people that already use these vitamin water recipes to lose weight and live healthier lives. ----- Tags: coconut oil, detox diet, detox cleanse, fatty liver, liver cleanse, 10 day detox diet, liver detox, fruit infused water, vitamin water

Book Information

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Customer Reviews

Even though this is really mostly a book which contains recipes for making fruit infused water, it also discussed the many benefits of drinking the waters. The recipes are also categorized by the benefits they offer the body which is great! I like that the ingredients are those which are commonly found at the local market. Great resource for my kitchen for sure! I would recommend the book to anyone who wants to be healthier!

Initially gave four stars because many of author's recipes are free online, however, I enjoy my infused waters so much thanks to this author, I had to give five stars. My blood pressure actually improved after drinking the homemade infused waters. They are so delicious that drinking enough water to stay properly hydrated is no longer an issue. No more dry chapped lips or dry itchy skin. I have stopped drinking carbonated drinks and pseudo-juice drinks. I'm just healthier for switching my drink choices to water....infused water, that is. Current BP: 109/73, Heart Rate 58 bpm. Best results I have had in decades!! I'm sure my overall lifestyle contributes to these great numbers but the infused water plays a major role. Thank you Mr. Smith for "my" introduction to the world of infused water. Oh yes! I'm currently drinking water infused with hibiscus flowers, cinnamon sticks, and sliced red delicious apple. Simple, yet oh so very, very good!

This recipe book for fruit infused water is exactly what I have been looking for! For health reasons I want to eliminate sugar, caffeine and artificial sweeteners from my diet. Drinking plain water gets boring after so long. This recipe book gives so many options for flavored waters to suit your taste and give lots of variety. I love that the recipes are divided into categories, especially those used for detox. I also like that some of the flavored waters can be served hot or cold. This is a great recipe book.

This is the first time I had heard of fruit infused water and I am very excited to now be making and drinking them. The lime mint is delicious and so refreshing on a hot Florida day. I like how the drinks are categorized into sections like "Detox" and Metabolism" for example. The book is well written with lots of helpful information. A more refreshing option to smoothies, These are great recipes for

getting more herbs, fruits and veggies into your diet. Highly recommend

Great & interesting recipes for weight loss. It is a breath of fresh air from the usual weight loss books. It puts an interesting touch to the taste of water if you don't like it like me. Have tried several recipes from the book & they tasted great. Overall, highly recommended.

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. The book is very detailed providing you not just recipes but benefits to your health, the diets cost effectiveness, and just how simple and easy it can be to assimilate into anyone's lifestyle. An Excellent read!

My husband is not fond of drinking water and he is supposed to drink more water with a heart med he takes. I bought a water bottle that you can use with fruit (infused) and I bought this recipe book ,too. This book offers good ideas of what to add to the water which helps me alter the taste for him. The container, the recipe book, both work for him and that makes this a great purchase. :-)

I absolutely love making these waters!!! Such a huge variety that I switch it up just about every other day! I especially love anything that includes pineapple! There are also tidbits to help you pick what will be best for what you are encountering.

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