



67 Fruit Infused Water Recipes: Vitamin Water Recipes to Lose Weight, Detox, Boost Immunity and Have a Healthier Body

By Nancy Crews

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Drinking adequate water every day is essential for proper hydration, better health and weight loss. The fat burning process actually slows down when you don't drink enough water. But there are many people out there that do not like drinking plain water. If you are one of these people, fruit infused water is the delicious alternative you need to break your addiction to sugary drinks and diet drinks that are filled with chemicals. The 67 Fruit Infused Water Recipes: Vitamin Water Recipes To Lose Weight, Detox, Boost Immunity And Have A Healthier Body will make it much easier to drink all the water your body needs daily. Your body will get a healthy dose of essential minerals, vitamins and other micronutrients because of the infusion of fruits, herbs and spices. Besides curbing your sweet tooth, your weight loss efforts will be enhanced, you will have less stress, and minor ailments will be healed. Benefits you can expect include: -Getting extra minerals like calcium and magnesium in your body -Vitamins that promote glowing skin and healthy hair -Getting...



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