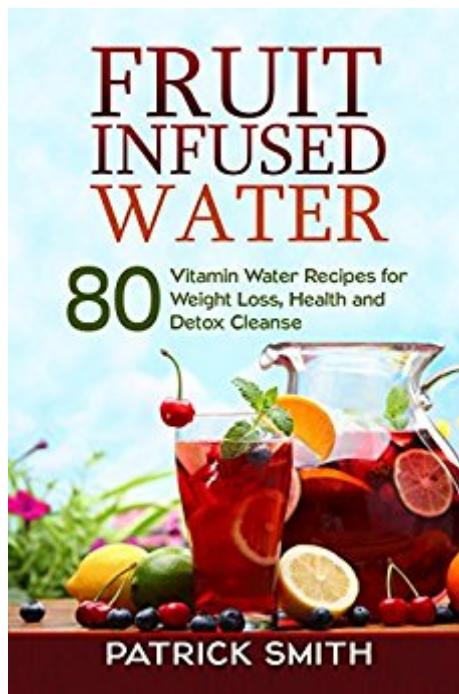


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# Fruit Infused Water - 80 Vitamin Water Recipes For Weight Loss, Health And Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse)



## Synopsis

Delicious No-Calorie Alternatives to Soda80 Recipes for Fruit Infused Water to Lose Weight and HealthDear friend,Fruit infused water is the practice of combining 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 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. Fruit Infused Water Can Replace Any SodaHere is a brief overview of whatÃ¢â€”s inside:80 fruit in fused 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?Get this book and join thousands of people that already use these vitamin water recipes to lose weight and live healthy lives. Scroll to the top of the page and click the buy button to instantly download this book to your pc, mobile device or Kindle

## Book Information

File Size: 2489 KB

Print Length: 54 pages

Page Numbers Source ISBN: 1500416371

Simultaneous Device Usage: Unlimited

Publication Date: March 11, 2014

Sold by:Ã  Digital Services LLC

Language: English

ASIN: B00IZ05F52

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #36,376 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5

inÃ  Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Vitamins

#6 inÃ  Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Vitamins &

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## **Customer Reviews**

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

This BOOK is amazing..... I didn't realize how vast of an impact fresh fruits and fresh herbs had in flavoring water! I am NOW experimenting with my own Flavor Combinations, with OUTSTANDING "MOUTH-WATERING" RESULTS! WOW! Currently, using Exotic Fruits from Asia and Brazil, and Exotic Herbs from South Africa and Far East countries. The Possibilities are endless.....

Excellent go to resource for adding a little "pizzazz" to your regular plain old drinking water. Lots of interesting ideas for more flavorful and enjoyable rehydration. I never was much into plain water, I was more apt to go for juices or other less healthy choices of refreshment. But with this great book, now I'm getting the daily required amount H20 for a healthier (and tastier) lifestyle. Heck, I've even lost a few pounds by simply drinking more water and less soda pop.

This is a great book for different recipes for infused water, if you are on the go you can make the infusion up the night before which will give it more flavor. Bear in mind that the fruit or vegetables get mushy and rancid quickly so I recommend that you just make a batch in a infusion cup rather than by the pitcher!

I got this book to go along with a water infuser. The recipes are varied and encompass a variety of fruits and veggies, which makes it easier to cater to my family's preferences and still keep

something delicious and nutritious to replace high sugary processed drinks. I also purchased this as a Family Christmas gift, along with a water infuser....and they still like and use it, even 9 months later! :)

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!

I keep calling it a water cookbook, but you know what, it is amazing!!!! A lot of fantastic recipes!!!! You will be pleasantly surprised at just how much u can do with water!

We all need to drink more water, and now thanks to Author Patrick Smith's book "Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse" you don't have to hate drinking tasteless and boring water. Fruit infused water will help you get the water your body needs on a daily basis. Smith has provided 80 quick, delicious and simple recipes including detox options. Pick up your copy today and start drinking your way to health.

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