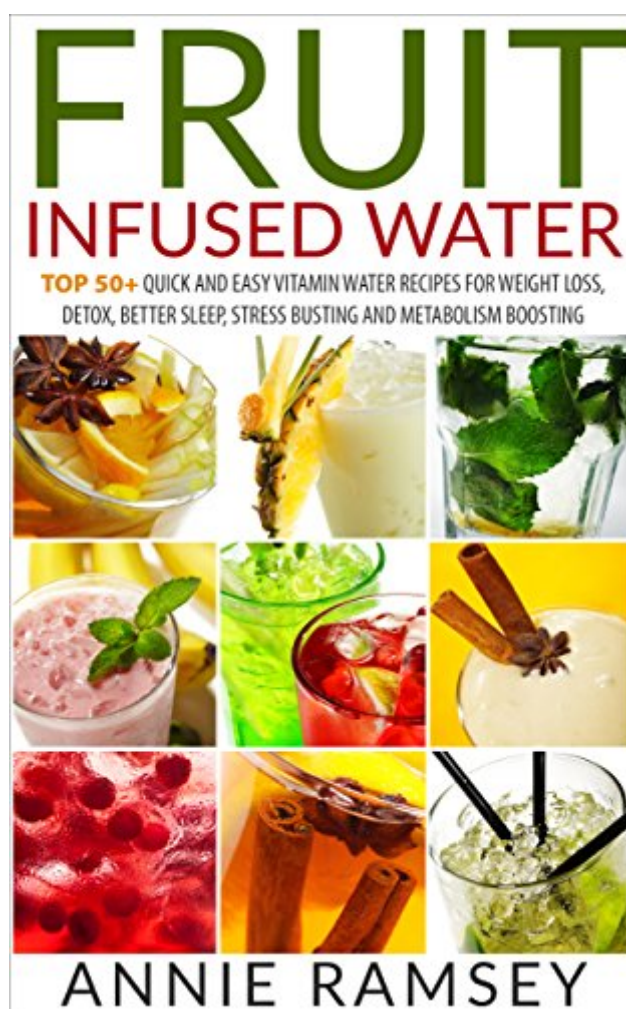


The book was found

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!

Book Information

File Size: 3746 KB

Print Length: 113 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 17, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00XUCJB78

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #446,992 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #133 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Vitamins
#137 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #281 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements

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 a big believer in cutting out sodas, a proponent of kidney health, and overall well-being. The Author provides a long list of excellent fruit infused water recipes that will work for any palate. 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.

[Download to continue reading...](#)

Fruit Infused Water: Top 50+ Quick and Easy Vitamin Water Recipes for Weight Loss, Detox, Better Sleep, Stress Busting and Metabolism Boosting 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) Fruit Infused Water: 101 Fruit Infused Water Recipes for Weight Loss, Detox and Metabolism Boosting Vitamin Water Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) The Wonders of Water - How H2O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) Diffuser Recipes: Essential Oil Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox, Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Power of Vitamin D: A Vitamin D Book That Contains The Most Scientific, Useful And Practical Information About Vitamin D - Hormone D Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included DETOX SECRET & WEIGHT LOSS SMOOTHIES: Detox Secret & Weight Loss Smoothie Recipes for Everyone Who Want to Be Slim Superfoods Today Red

Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox)

[Dmca](#)