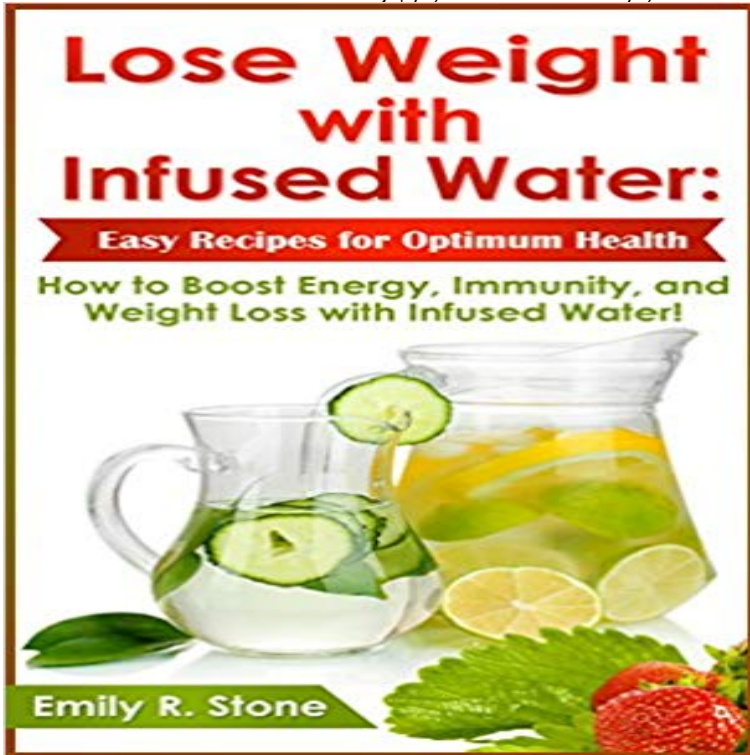


Lose Weight with Infused Water: Easy Recipes for Optimum Health: How to Boost Energy, Immunity, and Weight Loss with Infused Water



More than 100 Infused-Water Recipes for Weight Loss and Optimum Health! Learn to quickly and easily create delicious infused-water drinks that are loaded with the vitamins and minerals your body needs to function at optimum efficiency. The book is filled recipes for creating infused-water combinations that will help increase your metabolism, boost energy and immunity, cleanse and detox your system, and - most importantly - help you lose weight! Lose weight and improve your overall health quickly and simply with these delicious and easy-to-make infused water recipes. Drinking water is one of the best things you can do for the body. It improves brain function, alleviates fatigue, strengthens the immune system, and helps with detoxing. Its also great for losing weight. Yes, thats right! Drinking water can help you shed unwanted pounds. Yet many of us dont drink nearly as much as we should. Why? Because water is... well, just plain boring. What if you could make drinking water as enjoyable as drinking a soft drink? What if you could hydrate your body with the vitamins, minerals and other nutrients it needs to function at optimum efficiency? What if you could do all that without gaining weight from smoothies and fruit juices that are deceptively high in calories? Now you can! Infusing water with fruit, veggies and herbs is a great way to boost energy levels, increase the bodys immunity, detox your system, and stimulate the metabolism! Being overweight is not just an uncomfortable inconvenience. It leads to dangerous health ramifications in the long run. In the battle of the bulge, you need every advantage you can get! The infused water recipes in this book are so delicious and easy to make, theyll help you drink the water you need every day to be healthy, win the battle, and drop pounds! What You Will Learn in this Book... Water - Just What the Doctor Ordered Why Fresh Fruits, Veggies and

Herbs are so Powerful What, Exactly, is Infused Water and How do I Make it? How Can I Lose Weight Drinking Infused Water? Do I Need Special Equipment or Gizmos? What Recipes are Best for Immunity? Top Detox Infused-Water Recipes Can Infused Water Boost my Energy Levels? Don't delay! Get your copy today and start feeling better tomorrow!

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