



## Infused: 26 Spa Inspired Natural Vitamin Waters (Cleansing Fruit Infused Water R (Paperback)

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By Kate Evans Scott, David Pearson

Kids Love Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you looking for great ways to include more water in your diet? What about fantastic homemade fruit infused waters that take only 5 minutes to make, and are chock full of easy to absorb vitamins and minerals? Did you know a handful of blueberries a day can not only aid in reducing belly fat, lower blood pressure, protect the heart and brain, boost memory but also act as a natural anti-depressant? They also contain the highest antioxidant capacity of all fruit - which has been found to stifle aging and free radical damage. Making your own fruit infused waters at home allows you to receive the full benefits of each fruit and herb ingredient, as well as the added benefit of knowing exactly what you are consuming. Commercial Vitamin Waters commonly seen in stores and vending machines contain a lot of nasty ingredients (artificial and natural flavourings, artificial colours, artificial sweeteners, synthetic vitamins and preservatives). While these may taste great , you are left paying a small fortune for what is essentially glorified sugar water. Given their sugar content,...



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