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Fruit Infused Water: 26 Refreshing Vitamin Water Recipes to Rehydrate, Rejuvenate and Supercharge Your Health

By Kasia Roberts Rn

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Try Refreshing and Delicious Fruit, Herb, and Tea Infused Vitamin Water Recipes for Rehydration and Rejuvenation Starting Today Stay hydrated all year long with the Fruit, Herb, and Tea Infused Vitamin Water Recipes! Creating marvellous, do-it-yourself drinks with vitamin and mineral boosts that have never been simpler. Parse from fruits and herbs you have lying around your home and create beautiful, vibrant infused drinks. In the process, eliminate all the dangerous factors of dehydration. Rev your metabolism, allow your digestive system to shine, and bring life and glow to your exterior skin. Take the humdrum from drinking water, and take the health risks from staying dehydrated. With an infused water in your hand, you'll be ready to conquer every day's task! Dehydration is a scary element affecting us each day. Any time you feel a little dizzy, a little dry-mouthed, dehydration is already taking its toll on your body. It's causing your blood vessels to work entirely too hard, and it's causing your kidneys to retain unnecessary, waste-filled fluids. One day...



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Reviews

This book is definitely worth acquiring. I have gone through and so I am certain that I will likely to read through again and again in the future. It's been printed in an exceptionally basic way in fact it is only after I finished reading this publication in which actually altered me, change the way in my opinion.

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