



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

By Emily R. Stone

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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. It also is great for losing weight. Yes, that's right! Drinking water can help you shed unwanted pounds. Yet many of us don't 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 your favorite 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 body's 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, they'll help you drink the water you need every day to be healthy, win the battle, and drop pounds!

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