



# **Infused Water: Natural Vitamin Water For Optimal Health (Natural Health Remedies, Lose Weight, Detox, Liver Cleans, Healthy Living)**

*Jeff Janisch*

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Infusion water is becoming increasingly popular because it gives you a healthy alternative to flavored beverages. The majority of people throughout the world do not drink enough water every day and many cite the fact that they just do not care for unflavored drinks as the reason why. Infusion water solves this because it allows you to drink water while having flavor from a healthy source. Infusion water incorporates fruits, vegetables, edible flowers, spices and herbs to create a flavorful mix.

This book will tell you everything you need to know about infusion water and how to incorporate it into your own diet. You will learn about how to make this water so that you reap the most benefits. You will get information on how to choose a water bottle and about the health benefits associated with infusion water. There are 50 recipes to get you started that help with everything from boosting your immune system, to weight loss, to promoting heart health. You get information about how to start making your own infusion water too.

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