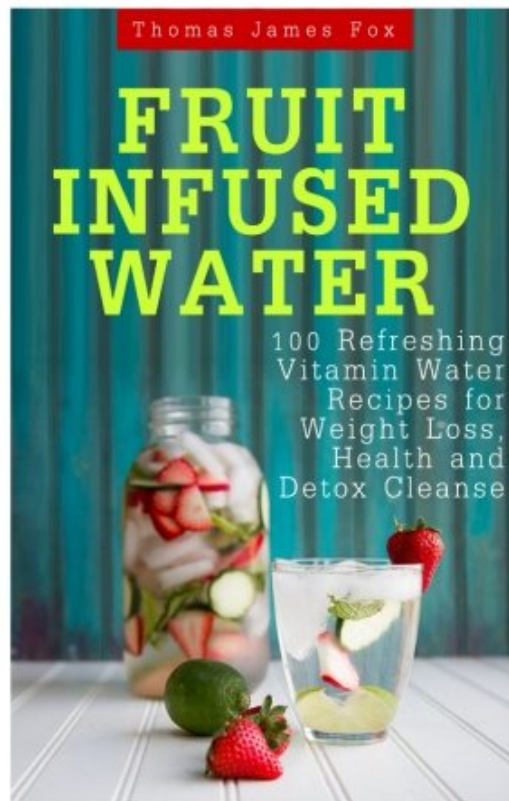
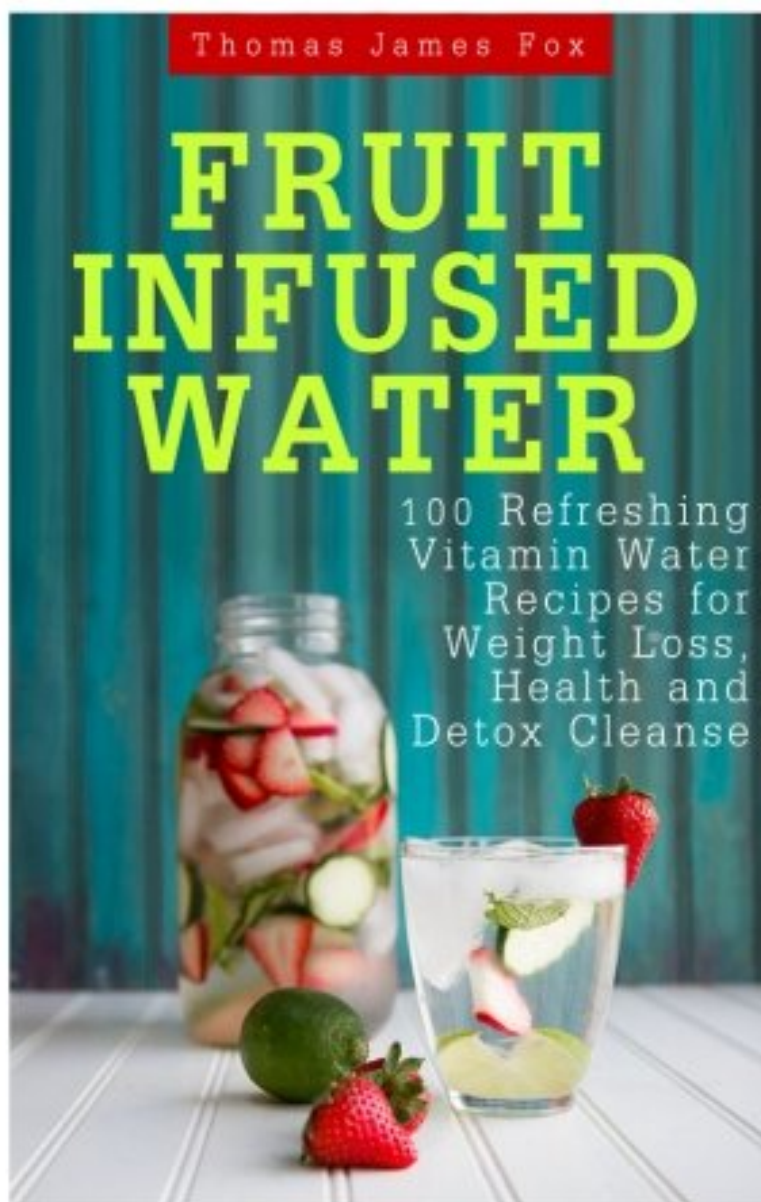


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FRUIT INFUSED WATER: 100 QUICK AND EASY VITAMIN WATER RECIPES FOR WEIGHT LOSS, DETOX AND METABOLISM BOOSTING: VITAMIN WATER, FRUIT INFUSED PDF

100 Recipes for Fruit Infused Water to Lose Weight and Health Everyone is caught up in their own lives, but sometimes you just need to stop, take a breath, and look around. Is this where you want to be and what you want to do? If your answer is yes then there's nothing better! However, it is not a secret that at the end of the day there's just too much to deal with and what you are left with is stress. You hardly have time for anything, let alone yourself! Nevertheless, the first thing you should do is look after yourself and your health. That way you can live your life the best way you can. Fruit Infused Water Can Replace Any Soda Here is a brief overview of what's inside:

- Why Need To Drink Lots Of Water?
- What Is Fruit Infused Water?
- What You Need To Make Fruit Infused Water
- 100 Fruit in Fused Water Recipes For Weight Loss And Health
- No sugars, low cholesterol, no calories, no alcohol
- Natural herbal remedies in the form of water
- Much more!

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- 92 pages

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1 of 1 people found the following review helpful.

Great information.

By Beatriz

This book explains you the benefits of fruit infused water and the benefits of each fruit. It also contains lots of recipes with different fruits and personally I found it really useful book. Great information

0 of 0 people found the following review helpful.

A huge number of recipes, but the English needs a lot of work.

By Wednesday Lee Friday

Let's start with the pros: This book has lots and lots of good recipes for fruit and herb infused drinks--a few dozen at least. It discusses the importance of drinking plenty of water, and describes many different fruit and herb combinations. There's a brief discussion of muddling and the equipment you'll need to get started. So that's all good.

Now, the cons: Some of the recipes seem dubious to me. Infusing bananas sounds like a terrible idea. But the biggest problem with this book is the English. The whole thing reads as if it was written in another language and then translated by someone who is not a native English speaker. The prose chapters in particular read as nonsensical, and it may take you more time to figure out what the author is trying to say. But if you're only buying this book for the recipes, that shouldn't be a huge barrier. I was given a free copy of this book in exchange for an unbiased review.

0 of 0 people found the following review helpful.

I didnt know what would taste good wth what and this book actually helped me

By PrincessTigerLilly

For awhile now I've had a fruit infuser bottle and I know how silly it's going to sound that I had no clue what fruits to put together, but I didn't. I didnt know what would taste good wth what and this book actually helped me. The fruit ingrediants easy to get and they weren't anything out of the realm of weird sounding, the book had 100 different recipies more than anything I could come up with and all of which sound really good. The book is nicely laid out and very easy to read. It's a must have for one who owns a fruit infuser or wants to just infuse thier water all together.

I recieved this product in exchange for my unbiased opinion

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