

Water Detox

I know so many of us, do not get our recommended water intake daily. Somedays, I am guilty as well. The reasons range from:

- Not thirsty
- Don't like the taste
- Forgot
- Prefer juices or sodas

Here are some combinations, I guarantee you will change your mind on how you see and taste water from now on.

Of course, you must be disciplined enough to actually make and drink it!

Preparation: Pour filtered water into a large pitcher add sliced fruits or spice and let sit for at least six (6) hours however overnight is preferred. The next day, enjoy as a replacement for all your drinks during the day.

Note: In the Cinnabon option use warm water, this will help to get the flavor of the cinnamon stick.

Try all these combinations and let me know which is your favorite?



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- Tropical: lemons, orange, lime
- Refresher: Cucumbers, lemon
- Berry Galore: Strawberry, blueberry, lemon
- Cool as a cucumber: Cucumber, celery, lemon
- It's a mint thing : Mint leaves, Graefruit, orange
- Cinnabon: Apple, cinnamon stick
- Pineapple Cleanser: Pineapple,, fresh ginger, lemon, Mint leaves