



Lose Weight with Infused Water: Diet Journal (Paperback)

By Emily R Stone

Speedy Publishing LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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 s also 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 a 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? 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! This diet journal is a companion to Emily R. Stone s Lose Weight with Infused Water: Easy Recipes for Optimum Health recipe book. It will help you track your journey to optimum...



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A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

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