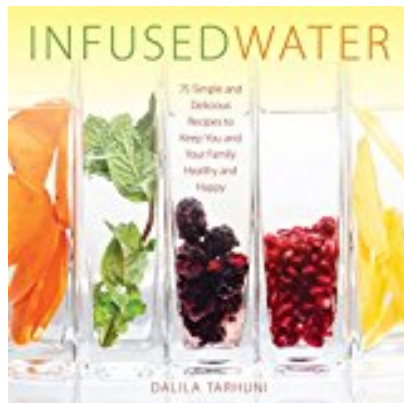


Infused Water 75 Simple and Delicious Recipes to Keep You and Your Family Healthy and Happy



BOOK DETAILS

- Author : Dalila Tarhuni
- Pages : 176 Pages
- Publisher : Skyhorse Publishing
- Language : English
- ISBN : 1510708987

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BOOK SYNOPSIS

We know that we should be drinking at least eight glasses of water a day—that's a lot of water! People often substitute with coffee or tea, but do we really want all that extra caffeine and acid? Soft drinks have too many calories, and diet drinks are full of chemicals. The easy answer to staying healthy, hydrated, and happy is infused water. With no calories and delicious flavors, infused water will keep you hydrated throughout the day. Hydration is essential—more than half of your body is composed of water, and it is needed by every cell in your body to function properly. Yet, three-quarters of Americans are chronically dehydrated. Water balances the electrolytes in your body and helps to remove toxins, not to mention the multitude of positive effects on your daily life, including:

- Clearer skin
- Increased metabolism
- More energy
- Reduces blood pressure and cholesterol

Infused Water provides a simple and tasty way for you and your family to get your daily dose. Water infusers can be purchased at home, kitchen, or department stores for less than \$25.00. Water can be infused with cucumber, strawberries, mint, coconut, and many other herbs, fruits, and vegetables. Each of these has unique properties that can provide you with benefits such as energy, balance, or detoxification. Imagine how much more productive, positive, and healthy you will be when properly hydrated! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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