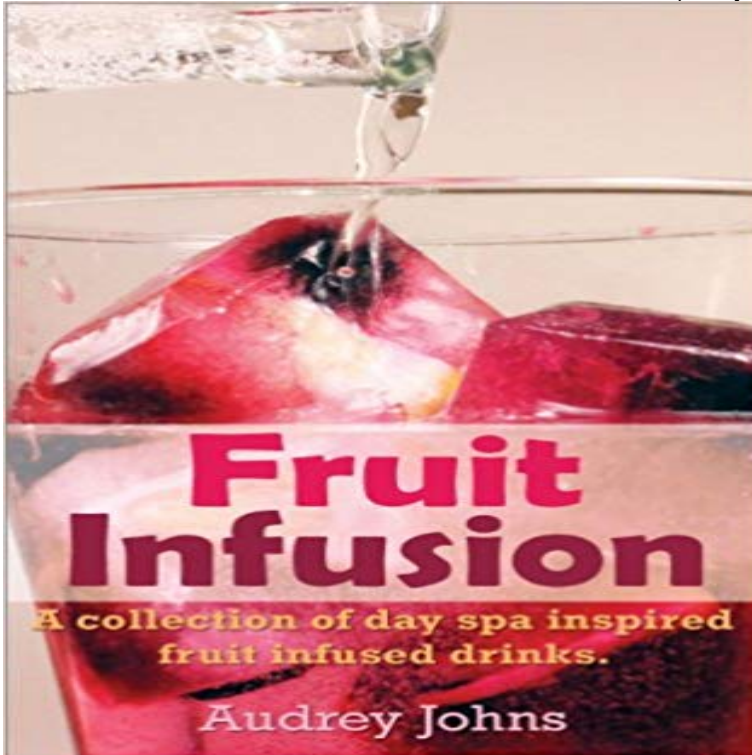


## Fruit Infusion: A Collection of Day Spa Inspired, Fruit Infused Waters



This book was created to help you drink more water! You hear all the time, for weight loss and better health you need to drink more water. But what do you do if you don't like the taste of water, and what if you're addicted to sugary or chemical-filled diet drinks? This cookbook is filled with delicious drinks to help you break your soda and sugary drink addictions with naturally sweetened drinks. These fruit-infused drinks help you lose weight, burn fat, ease stress, heal minor ailments and curb your sweet tooth: - Metabolism Boosting Berry Blast - Fat Burning Grapefruit Peach Water - Peaches and Cream Homemade Soda - Strawberry Lemonade Ice Cubes - Mango Cucumber Spa Water - Lemon Lavender Hot Toddy. Many of these recipes have played a key role in the Lose Weight By Eating anti-diet plan. Drinks like the Metabolism Boosting Mango Ginger or Apple Cinnamon Water have helped people shed up to 25 pounds a month! With an extended metabolism boosting chapter and a workout chapter full of fat burning recipes, this book is sure to please your palate and help you shed a few pounds.

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