

2015

Amazing Infusion Water Recipes



Diatta Harris
Fitness Lifestyle Blogger
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Dedications

This e-Book is dedicated to my late Uncle Neal Thomas who passed away suddenly from a massive heart attack. He believed in healthy living and encouraged me as a young child to drink and eat healthy. I share with you Uncle Neal's Tea Tonic recipe in this e-Book because I think you all will enjoy it as much as I do.

I also want to dedicate this e-Book to some amazing blogger friends that I have grown to know and love for their continued support, encouragement and sharing attitude. It is beyond appreciated and I would not have made it to this point without their support (I wanted to give up more times than you know).

Sheila Simmons of [The Frugal Exerciser](#)

Danielle Stewart of [The Fitness Fashionista](#)

Courtney Carter of [Eat Run Pray DC](#)

These bloggers are phenomenal and I hope you stop by their blogs and check out the amazing things they are doing.

Last but definitely not least are the apples of my eye - my family who put up with my late night blogging for many, many months...this e-Book is for them.

Andre Harris - my loving and supportive husband

Ysonde and Amari Harris - my beautiful and talented children who keep things exciting around here

Eloise Sullivan - my mom who loves me to no end

Aunt Georgia - my loving aunt who always has nothing but good things to say

Teresa Thomas - my sister cousin who is my rock

Nancy Harris - my amazing mother-in-law who is the person who keeps this family faithful

Ysanda White - my sister-in-law whose strength encourages me

Tracy Berry - my best friend since 5th grade who has seen me through ALL of my seasons and loves me anyway

Forward

Everyone knows that water is the best liquid for the body since the average adult human body is 70% water but due to so many choices we have, many people are not drinking nearly enough water as they should. I want to help change that and spread the word so we do not have a world full of walking "dry bodies". I hope you find this e-Book helpful and motivating with creative ways to help you drink more water daily.

Thank you for purchasing your **Infusion Water Bottle with Drink Tracker** and have fun creating and drinking these delicious recipes.

Welcome!

Thank you so much for downloading this e-Book and taking a step to learn that drinking water doesn't have to be boring or bland. In this e-Book you will find a beginner's guide of water infusion recipes to get you started using your **Infusion Water Bottle with Drink Tracker**. I hope you are as excited as I am about this amazing **Infusion Water Bottle with Drink Tracker**. Why you should be excited you ask?

1. It is a GREAT way to get your daily recommended intake of water
2. Get ready to notice smoother skin, brighter eyes and curbed hunger
3. You will save money making your own naturally flavored water vs. buying expensive artificial water flavorings
4. Have more regular bowel movements

If you ask me those are some pretty good reason to be excited!

How I got started drinking water

Back in my late 20's I stayed up late partying, got minimal sleep and drank alcohol socially while out and about. It was a 20-something's dream as I was gainfully employed, making money and independent with my own car and apartment. I was not drinking a lot of water because being a Jersey Girl I didn't like the taste of faucet water other than that which came out of a New Jersey kitchen spout.

So here I was one night out and about and hanging. I met up with a male aesthetician who looked younger than me. I was 26 at the time and he revealed to me he was 35. I didn't believe him because his skin was glowing and he looked so young. He proved his age by showing me his driver's license so I immediately wanted to know his secret.

He leaned in close and whispered in my ear "I drink at least 8 full glasses of water a day". I jumped back and thought "That's not a secret". He then explained that many Americans are walking around dehydrated and because of that it ages them early. He stays hydrated with his water-drinking regiment over the years so because of that, his skin is soft, supple, glowing, smooth and wrinkle free.

From that point forward I began drinking a minimum of 64 oz. of water a day!

Why I created this e-Book

Ultimately I would like to see people drink more water. There I said it. I also created this book to provide starter recipes for those of you who bought the **Infusion Water Bottle with Drink Tracker**. I have heard many reason why people do not drink water such as:

1. I don't want to be running to the bathroom all day long
2. I don't like the flavor or water
3. Water tastes bland
4. Water is nasty
5. I am too busy

I understand all of those reasons but it still doesn't justify not drinking enough water on a day-to-day basis.

Why you should drink water

I am not a licensed dietician, certified personal trainer or food specialist but I do have the power of the Internet. Let's just talk about some of the reasons why drinking water is good for your wellbeing and good health.

Dehydration is dangerous

Dehydration¹ is

1. The process of removing water from a substance or compound.
2. Excessive loss of water from the body or from an organ or body part, as from illness or fluid deprivation.

What's the main theme here? Loss of fluids. Our bodies are complicated and made up of liquid. Yeah...that's right. If our bodies, which are made up of 70% water on average, are not properly hydrated then serious problems can occur like²:

- Dizziness
- Foggy thoughts
- Sleepiness
- Thirst
- Yellow urine or low volume
- Dry skin
- Headaches
- Moodiness

There's really no good reason why you can't drink water. You don't even have to pay for it. Perhaps you can get free water out of the ice machine in the pantry or straight

¹ <http://www.thefreedictionary.com/dehydration>

² www.emedicinehealth.com/dehydration_in_adults/page3_em.htm

out of your faucet. Either way, don't let access be an excuse for why you aren't drinking enough water.

Why drinking water is the bomb

I noticed when I began drinking water on a regular basis I immediately felt an energy boost. I had a little pep in my step and started to feel "moist". My skin was soft and supple and was no longer prone to ashiness or dryness. Skin ailments such as dry patches began to disappear in as little as 2 weeks from regularly drinking 64 oz. a day. This was my experience and everyone's results will be different but just understand - I saw fairly immediate results once I increased my intake of water.

At this time I also decreased my daily soft drink habit which resulted in less sugar consumption and a slight drop in weight. That was a great side effect of drinking more water, I was too full to drink anything other than water or overeat on snacks simply because they were around.

Which drinks are dehydrating

I have found the following drinks are very dehydrating or a diuretic which means it pushes water out of your body leaving you with less hydration.

- Coffee - there are health benefits to a cup of morning Joe but understand it is also dehydrating
- Soft drinks - they are full of sugar and fizz which can be dehydrating and leave you thirstier than when you started drinking them
- Alcohol - say it ain't so but it is true. Alcoholic beverages are known to leave you dehydrated and thirsty

One of the best ways to avoid dehydration is to avoid or minimally consume these beverages. If that is not something you choose to do, then counteract the effects by guzzling plenty of delicious water.

Care Instructions

Before I share these recipes with you I want to help you take care of your investment by providing these care instructions for your new **Infusion Water Bottle with Drink Tracker** so please read carefully:

- Wash all parts in warm soapy water before using
- Never wash in extremely hot water or the dishwasher - could damage the graphic
- Avoid cleaning with harsh detergents
- Do not clean with abrasives
- Hand wash only to prolong life of product
- Do not overfill
- Not preferred to be used with hot liquid as it can possibly scald

- Do NOT put in microwave or oven
- BPA and BPS free Eastman Tritan® plastic
- This item is NOT intended for children under the age of 3
- Parts may cause choking in children under the age of 3
- Always check to make sure lid is secure before drinking

Spa Water Infusion Recipes

We have finally arrived to the good part. I hope you enjoy each of these recipes because these were actually created by artisan chef extraordinaire Jeanette Warne of [Homeshed Kitchens](#). Enjoy these recipes so bon appetite!

Cucumber Spa Water



5 TO 6 CUCUMBER SLICES
PLACE SLICES IN INFUSION BASKET
FILL BOTTLE WITH FRESH WATER
CHILL FOR AT LEAST 2 HOURS
ENJOY!

Grapefruit Rosemary Spritz



2 SEGMENTS PEELED GRAPEFRUIT

1 SPRIG OF ROSEMARY

PLACE GRAPEFRUIT AND ROSEMARY IN
BASKET

FILL BOTTLE WITH FRESH WATER

CHILL FOR AT LEAST 2 HOURS

ENJOY!

Papaya Lim Agua Fresca



½ CUP CUBED PAPAYA

2 LIME SLICES + SQUEEZE OF LIME JUICE

MUDDLE 1 OF THE PAPAYA CUBES

PLACE PAPAYA AND LIME SLICES IN BASKET

FILL BOTTLE WITH FRESH WATER

CHILL FOR AT LEAST 2 HOURS

ENJOY

Tangerine Lemon



- 1 TANGERINE PEELED AND SEPARATED
- 2 LEMON SLICES + SQUEEZE OF LEMON JUICE
- CRUSH 1 OF THE TANGERINE SEGMENTS AND ADD TO INFUSION BASKET WITH LEMON SLICES
- POUR LEMON JUICE IN BOTTLE
- FILL WITH FRESH WATER
- CHILL FOR AT LEAST 2 HOURS
- ENJOY!

Watermelon Cilantro Water



½ CUP CUBED WATERMELON

5 TO 6 FRESH CILANTRO LEAVES

MUDDLE 1 OF THE WATERMELON CUBES AND ADD ALL PIECES AND CILANTRO TO BASKET

FILL WITH FRESH WATER

CHILL FOR AT LEAST 2 HOURS

ENJOY!

Pineapple Thyme Agua Fresca



½ CUP CUBED PINEAPPLE

1 SPRIG FRESH THYME

MUDDLE 1 PINEAPPLE CUBE

PLACE ALL PINEAPPLE CUBES AND THYME IN BASKET

FILL BOTTLE WITH FRESH WATER

CHILL FOR AT LEAST 2 HOURS

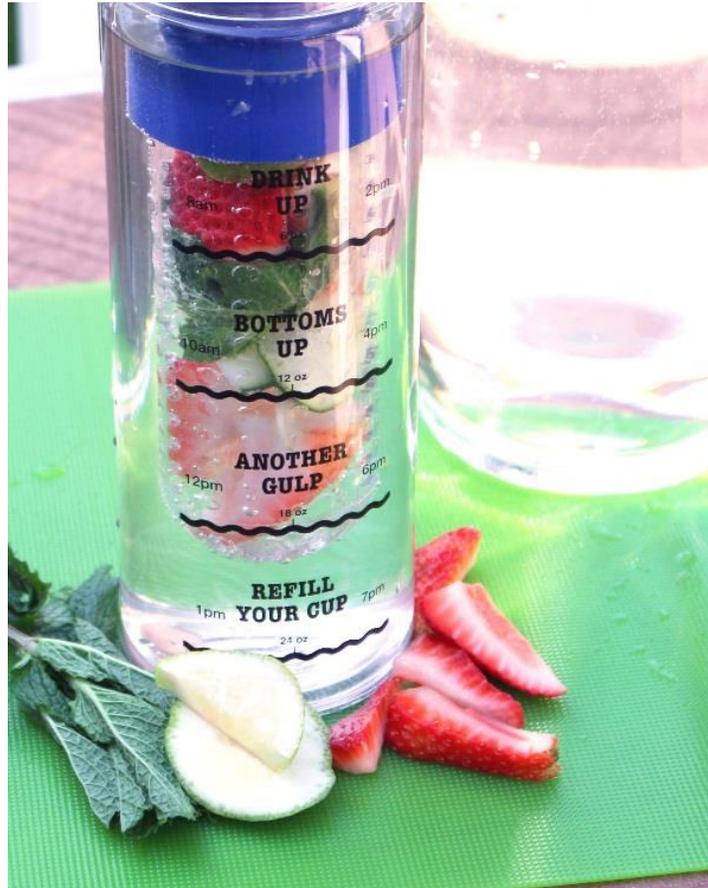
ENJOY!

Honeydew Mint Agua Fresca



- ½ CUP CUBED HONEYDEW MELON
- 2 LEMON SLICES + SQUEEZE OF LEMON JUICE
- 3 CRUSHED MINT LEAVES
- MUDDLE 1 OF THE HONEYDEW MELON CUBES AND ADD ALL TO BASKET
- FILL BOTTLE WITH FRESH WATER
- CHILL FOR AT LEAST 2 HOURS
- ENJOY!

Strawberry Lime Mint Infusion Water



2 SLICED STRAWBERRIES

5 - 6 SPRIGS OF MINT

¼ SLICED LIME

PLACE ALL INGREDIENTS IN BASKET

FILL WITH FRESH WATER

CHILL FOR AT LEAST 2 HOURS

ENJOY!

Uncle Neal's Overnight Tea Tonic Infusion



2 SAGE HERBAL TEA SATCHETS
2 ROSEMARY HERBAL TEA SATCHETS
¼ LEMON SLICED
PLACE ALL INGREDIENTS IN BASKET
FILL WITH FRESH WATER
CHILL FOR AT LEAST 2 HOURS
ENJOY!

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YouTube: @Curleedst