

INFUSED WATERS TO BOOST YOUR METABOLISM

As people turn away from the sugar-filled drinks aimed at both adults and children, people everywhere are beginning to look for alternatives to these overly sweet soft drinks. For some, juice can be extremely expensive, especially if they are looking for fresh juices that can take the place of soda and the high fructose corn syrup-based juice boxes. One solution that could provide a refreshing taste and plenty of hydration, is infused water. If you continue reading, you can learn about some of the great reason why everyone should have a glass.

**YOU WILL FIGHT OXIDATION**

Oxidation in the human body can manifest in various ways, but the most common is usually age spots, which is a literal organic equivalent to rust. Infused water uses a lot of types of fruit that contain heavy doses of antioxidants. Beyond being very tasty and great for your general health, these antioxidants can help you to fight the effects of human oxidation, which causes aging and lots of other negative effects. Antioxidants can also fight the free radicals that can help to contribute to the conditions needed to make cancer a possible outcome.

**IT CAN PREVENT KIDNEY STONES**

Kidney stones can be continuous problem for some people. If you discover that you have them, it could mean expensive medical treatments for days or even weeks. The more natural method of dealing with these irritating mineral deposits is to ingest generous amounts of fruit. You can also prevent them by drinking infused water. This works because the acids contained in a large portion of fruit can prevent the formation of the stones and keep you from ever having to deal with them at all.

**YOU WILL GET MORE HYDRATION**

Drinking water should be a major portion of what people ingest in a day, but that isn’t always the case. Depending on local culture, some people will lean more towards store bought and manufactured choices of hydration. Not only are these forms of hydration far less healthy, they are normally far less effective at delivering the appropriate amount of water that the body needs, because water is a basic need for the human body like oxygen. There is no complete substitute.

Drinking infused water will give you nutrients, and hydration that will help your body to feel more healthy and ready to perform the complex tasks that it needs to function properly.

THE 3-STEP PROCESS TO MAKING INFUSED WATERS

If you’ve been looking for a healthy drink that you can have anytime of the day that makes you feel healthy and refreshed, then infused water is probably a great option for you. This great drink is the choice of many healthy people who want to be able to enjoy a glass of something that will give them real vitamins and minerals, while giving them the hydration their body craves, but if you’re new to this concept, you might want to know a few things about how it’s done, so this article will be showing you how to make your own infused water.

**GET A GOOD CONTAINER**

When you want to make some infused water, the first thing that you really need to have is a good sealable container. If you have large jars that you would like to use or anything of that sort, there should be tight fitting lids that go on them. For larger quantities, a glass pitcher works great, but make sure it is glass and not plastic.

**CHOOSE YOUR INGREDIENTS**

The secret to a great infused water recipe is the freshest ingredients that you can get your hands on. Typically, you will want them to be organic so they have the full amount of nutrients and are unlikely to contain any kind of pesticides. You can use herbs like mint, rosemary, or thyme. You should also select what kinds of fruits or vegetables that you are going to be including in your recipe. This will form the flavor that you’re hoping to achieve, or you can simply look up some recipes that have already been written. It’s important to be sure to exclude any pieces that show signs of rot or deterioration, because it could taint the batch.

**PUT THEM IN THE WATER AND WAIT**

After you’ve selected your chosen mixture, place it in the wat and close the lid. It will take some time for it to flavor the water in a way that will give it the properties that it should have. Generally, you will want it to sit for at least 3 hours, but some herbs might take a little longer. It’s definitely a good idea to wait as long as you can stand it, because the longer it sits, the more flavor and potency it will have. You might want to put it in the refrigerator so that it can stay fresh and cool. After it’s done, you can enjoy a refreshing healthy drink!

SIMPLE INFUSED WATERS TO BOOST YOUR METABOLISM

If you’re familiar with infused water somewhat, you’ve likely seen quite a few combinations of fruit that you can use to create tasty and refreshing drinks for your own year-round enjoyment, but did you know that there are some recipes that can get you some of the amazing benefits of vegetables as well? This article will be providing you with some amazing new recipes that use both vegetable and fruit combinations for some really great drinks.

**STRAWBERRY LIME CUCUMBER**

Cucumber makes a great addition to almost any infused drink. Limes are an excellent source of vitamin C, and citric acids, which help to break down mineral deposits in the gallbladder. Take some strawberries and drop them into the water. They can be cut or whole. Then, cut the lime into coins. Make them thin and you can leave the skin on. After that is done, cut the cucumber into coins and place all of the cut matter into the container. Let it sit for about 3 hours and you’ll have a great healthy drink. It can also help you to lose weight.

**TOMATO CELERY BASIL**

Here is a drink that has more fragrant flavor. The celery should be organic so that you don’t ingest as many pesticides from your food. Cut a long stalk of celery into strips and place it into the water. Cut the tomato into 8 slices and put it into the container. Then, put in a shoot of basil and let it sit for 5 - 6 hours. Celery is highly alkaline and will help to control stomach acids. Tomato is good at helping the body to control cholesterol.

**CUCUMBER LEMON WATERMELON**

If you need serious vasodilation, watermelon is a good thing to put in your infused drinks. Lemons are high in vitamin C, so they can help you to strengthen your immune system.

To make this drink, cut the cucumber into coins and place them into the water. After this step is finished, cut the lemon into coins and drop it into the water. You can leave the rind on the watermelon of you like but cut the watermelon into cubes or any other fun shapes.

**MINT CUCUMBER JALAPENO**

This one is pretty straight forward. Heavy dose of vitamin C, drop in mint, cut cucumber into coins and then make a slit into a single jalapeno. Let it sit for 3 hours and serve chilled.

Yours in health & wellness

Christine

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