

Still drinking SODA, DIET SODA, VITAMIN WATER, PROPEL AND OTHER DRINKS WITH ARTIFICIAL COLORS, FLAVORS AND SWEETENERS?????

TRY THESE INSTEAD!!!

Infused waters. Here are their benefits to help with detoxification energy and hydration. Put as much fruit in water as you like and let the water sit for at least 30 minutes before drinking.

1. Green tea, mint, lime-fat burning, digestion, headaches, congestion and breath freshener.
2. Strawberry, kiwi-cardiovascular health, immune system protection, blood sugar regulation, digestion.
3. Cucumber, lime, lemon- water weight management, bloating, appetite control, hydration, digestion
4. Lemon, lime, orange- digestion vitamin C, immune defense, heartburn, (Drink this one at room temperature)

