



Drink Up! 100 Recipes for Fruit Herb Infused Water (Paperback)

By Kimberly Eldredge

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you among the millions of people who don't like water? Are you worried that you aren't drinking enough water? (Or know that you aren't?) Then fruit herb infused water might be just what you need to ditch the sodas, drink more water, and finally feel hydrated. Your skin, brain, and digestion will thank you for it! Not to mention losing weight when you give up sugary drinks. Drink Up! has 100 taste-tested recipes for fruit and herb infused water. All recipes have been personally made and evaluated for flavor combinations. You know every infused water recipe will be refreshing and delicious! Foreword by Dr. Andrew Bernard, PharmD, BCPS, NCPS.

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