



# **Fruit Infused Water: 80 Quick and Easy Vitamin Water Recipes for Weight Loss, Detox and Metabolism Boosting**

*Mrs Patricia Benson*

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## **Fruit Infused Water: 80 Quick and Easy Vitamin Water Recipes for Weight Loss, Detox and Metabolism Boosting** Mrs Patricia Benson

Fruit Infused Water: 80 Quick and Easy Vitamin Water Recipes for Weight Loss, Detox and Metabolism Boosting Everyone is caught up in their own lives, but sometimes you just need to stop, take a breath, and look around. Is this where you want to be and what you want to do? If your answer is yes then there's nothing better! However, it is not a secret that at the end of the day there's just too much to deal with and what you are left with is stress. You hardly have time for anything, let alone yourself! Nevertheless, the first thing you should do is look after yourself and your health. That way you can live your life the best way you can. Here Is A Preview Of What You'll Learn...

- What is Fruit Infused Water?
- How Fruit Infused Water helps us?
- What to Avoid and What to Include!
- 80 Recipes for Fruit Infused Water
- Much, much more!

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