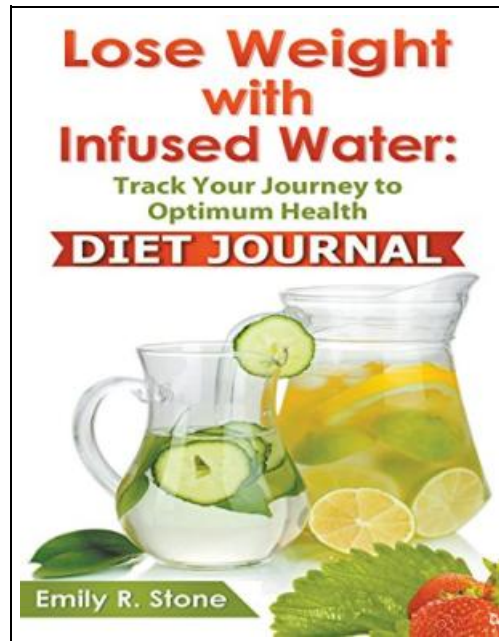


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Speedy Publishing LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Drinking water is one of the best things you can do for the body. It improves brain function, alleviates fatigue, strengthens the immune system, and helps with detoxing. It is also great for losing weight. Yes, that's right! Drinking water can help you shed unwanted pounds. Yet many of us don't drink nearly as much as we should. Why? Because water is... well, just plain boring. What if you could make drinking water as enjoyable as drinking a soft drink? What if you could hydrate your body with the vitamins, minerals and other nutrients it needs to function at optimum efficiency? What if you could do all that without gaining weight from smoothies and fruit juices that are deceptively high in calories? Infusing water with fruit, veggies and herbs is a great way to boost energy levels, increase the body's immunity, detox your system, and stimulate the metabolism! This diet journal is a companion to Emily R. Stone's Lose Weight with Infused Water: Easy Recipes for Optimum Health recipe book. It will help you track your journey to optimum health and weight loss. Record what you eat and the infused water recipes you drink on a daily basis. Having a written record of what and when you eat can be a helpful tool in achieving your goals. Once you start to lose weight and improve your overall health, record everything and make detailed notes. If you ever feel yourself starting to slip back into old eating habits, you can easily replicate your previous successes by referring back to this journal. It is also designed to help you identify which infused water recipes are the most effective for your overall...



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