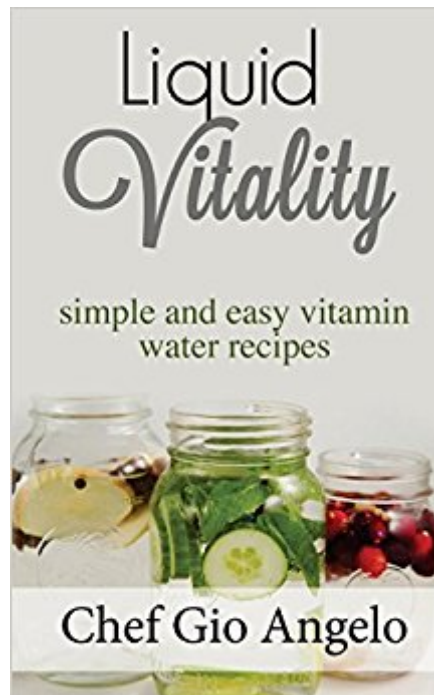


The book was found

Liquid Vitality: Simple And Easy Vitamin Water Recipes



Synopsis

A Proven, Step-By-Step System To Creating tasty nutritious vitamin water recipes at Home
The ONLY Kindle Publishing Complete Course Book Backed by Lifetime Support & Money Back Guarantee Here Is A Preview Of What You'll Learn...
In the world of health and wellness, there is definitely a general consensus that water is the best thing that your body needs. On average, you need about 13 cups of water a day to stay healthy, and water is one of the best things that your body needs in order to have a healthy and happy life. However, there are a couple of problems that arise from water, and it can be a big problem. There are also some things about water that people don't like, but there is a solution to that and that's vitamin water. The main problem with some people is that normal water tastes bland and boring. Some people can't stand it, and they don't know what to do about it. Water is natural but it's tasteless and although you might like it when you're thirsty, you won't want to drink it when you don't have to and for some people it doesn't go great with their own personal tastes either. That's why vitamin waters are great for a person, for they allow you to hydrate while still tasting amazing and natural for the body. Some people may go to the simple solution for the problem of water tasting bland, and that's by going to the store and getting some vitamin water or even some of those natural waters you have to pay like 3 dollars a bottle for at Trader Joe's. The problem with those is for one, they're expensive and for the commercial Vitamin Water, it's actually worse than that. It contains artificial dyes and preservatives, which already creates problems chemically in the body. If you're going for a natural body that doesn't have all the chemicals in there, you won't want to drink that stuff. Secondly, vitamin water may taste good but it doesn't have as many vitamins as other natural waters do that you can make yourself. Not to mention if you're drinking five bottles of vitamin water at a dollar apiece, that's about five dollars a day and 35 a week. That leads to about 140 a month, and over 1600 dollars each year spent on something you could get naturally for a whole lot cheaper. In addition, they don't taste as good, and they're not as healthy for you as normal water. Normal water is great for you, but the problem is you might need more vitamins. Water absorbs some of the key vitamins like vitamin C, which are water-soluble. They flush out when you urinate, and then you're going to need more vitamin C and other such vitamins. You also need those in daily affairs so that you're able to have a healthy and functioning body. Normal water is great, but you need the vitamins as well and that's where natural vitamin waters come into the picture as a solution to this, and why many companies support the use of natural vitamin water for hydration. Natural vitamin water is literally various fruits and herbs put into a jar and then water put in there. It's flavored water, but flavored in the most natural way possible. Order Your tasty

nutritious vitamin water recipes guide right now...Simply click the "buy" button on this page and you'll easily be able to read this book from your computer, Kindle device, tablet or smart phone.

Book Information

Paperback: 26 pages

Publisher: CreateSpace Independent Publishing Platform (November 21, 2014)

Language: English

ISBN-10: 1503139603

ISBN-13: 978-1503139602

Product Dimensions: 5 x 0.1 x 8 inches

Shipping Weight: 2.7 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #8,965,751 in Books (See Top 100 in Books) #85 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #44991 in Books > Cookbooks, Food & Wine > Special Diet

[Download to continue reading...](#)

Liquid Vitality: Simple and easy vitamin water recipes Fruit Infused Water: 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) The Wonders of Water - How H2O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) Power of Vitamin D: A Vitamin D Book That Contains The Most Scientific, Useful And Practical Information About Vitamin D - Hormone D E-Liquid: How to make your own E-Liquid for your E-Cigarette (e-liquid, e-cigarette, e-cigarettes, vapor, vapping) Fruit Infused Water: 101 Fruit Infused Water Recipes for Weight Loss, Detox and Metabolism Boosting Vitamin Water Fruit Infused Water: Top 50+ Quick and Easy Vitamin Water Recipes for Weight Loss, Detox, Better Sleep, Stress Busting and Metabolism Boosting Liquid Soapmaking: Tips, Techniques and Recipes for Creating All Manner of Liquid and Soft Soap Naturally! The Vitamin Cure for Eye Disease: How to Prevent and Treat Eye Disease Using Nutrition and Vitamin Supplementation Vitamin K2 and the Calcium Paradox: How a Little-Known Vitamin Could Save Your Life Vitamin K2: Understanding How a Little Known Vitamin Impacts Your Health Organic Reactions in Liquid Ammonia, Volume 1, Part 2 of Chemistry in Anhydrous Liquid Ammonia (Chemistry in Nonaqueous Ionizing Solvents series) Easy Chicken Recipes Cookbook: Top 50 Mouth-Watering, Easy to Make Recipes Including Grilled Chicken Recipes, Baked Chicken Recipes, Chicken Soup Recipes,

Chicken Thigh Recipes, and Many More! Quick and Easy Container Water Gardens:
Simple-To-Make Water Features and Fountains for Indoor and Outdoor Gardens Blender Recipes:
27 Blender Recipes You Can Make with High Speed Blenders - Juicing For Weight Loss & Vitality
(Blender Recipes You Can Make With Your ... Star & Other High Speed Blenders & Juicers) The
Water Prescription: For Health, Vitality, and Rejuvenation Water Treatment WSO: Principles and
Practices of Water Supply Operations Volume 1 (Water Supply Operations Series) Water Quality &
Treatment: A Handbook on Drinking Water (Water Resources and Environmental Engineering
Series) Water is Life: Different Sources of Water and Ways to Conserve Them (For Early Science
Learners): Nature Book for Kids - Earth Sciences (Children's Water Books) Solar PV Powered UV
Water Treatment: How to Solar Power UV Water Sterilizing Systems for Drinking Water Onsite

[Dmca](#)