



## HEALTHY WATER RECIPES

**Bottled water is a HUGE industry** including flavored bottled waters. Unfortunately these flavored waters from big companies contain ingredients such as high fructose corn syrup, other unhealthy sweeteners and food coloring. All of these things take away from the hydrating effect of the water and have a toxic effect in your body.

The great news is that it is very easy to make your own flavored water. Here are some easy recipes to make the most refreshing water that is full of electrolytes, nutrients and amazing taste!

For best results always use fresh organic ingredients and **start all your recipes with LOVE** - it is the secret ingredient that will make all your recipes shine! The majority of your body (67-70 percent) is water which makes drinking water a vital component to staying healthy. On top of that, drinking water will help you lose weight and have a flatter stomach if it is coupled with a few exercises. Simple exercises such as walking, running, swimming, dancing, aerobics, sit-ups, leg lifts, abdominal crunches, cycling, yoga and other forms of exercise will help tone abdominal muscles. However, in order to have a nicely defined tummy, one must drink water.

You can go to the website [www.dynamicstructuredwater.com](http://www.dynamicstructuredwater.com) to see more on the benefits of drinking water especially structured water.

- Water is made up of two elements, hydrogen and oxygen and is better known by its chemical formula – H<sub>2</sub>O.
- Between 70 and 75 percent of the earth's surface is covered with some form of water.
- Pure water has a pH level of 7 and has no smell and no taste.
- Most people around the world have clean water to drink, but many poorer countries have polluted water which can cause deadly diseases.
- The brain is approximately 85 percent water.
- The blood is approximately 79 percent water.
- Water helps to remove waste from the body.
- Water absorbs shock to vital organs and protects the eyes.
- By the time a person feels thirsty, the body has lost over 1 percent of its total water amount.
- 75 percent of Americans are chronically dehydrated.
- Mild dehydration will slow down the metabolism as much as 3 percent.
- Dehydration can occur in any season.
- A lack of water can cause gas and slow digestion which lead to a bloated abdomen.
- The lack of water is the number one trigger of daytime fatigue.
- A 2 percent drop in body water can cause fuzzy short-term memory and difficulty in focusing.
- Water is not fattening.
- A glass of water in the evening will shut down the midnight munchies.
- Small sips of water are better than chug-a-lugging a glass or two at once.
- Your food can add about three cups of water to your diet each day.
- Drinking 8 to 10 glasses of water each day can ease back and joint pain in 80 percent of sufferers.
- Water intoxication is drinking too much water too quickly and is most like to occur during intense athletic performance.

## HEALTHY WATER FOR DIGESTION



Clean mint leaves.



Squeeze mint leaves a little and add to pitcher with water.



Slice lemons thinly and removes seeds.



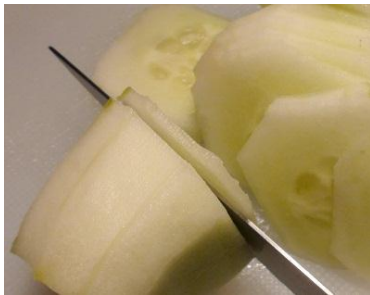
Squeeze lemon slices a little and add to water.



Squeeze them slightly to release the juice and add to pitcher of water.



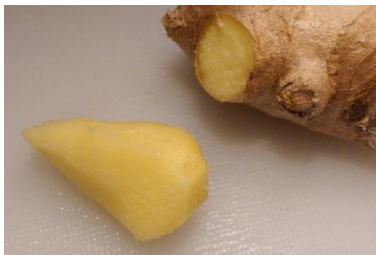
Slice limes



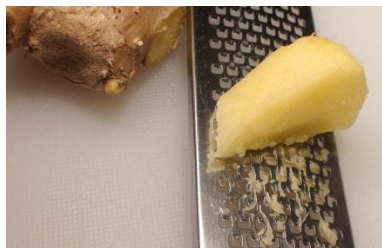
And cucumbers.



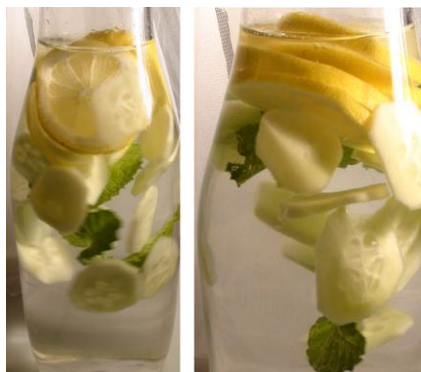
Cut off a small piece of fresh ginger.



Cut off a small piece of fresh ginger  
Peel the skin off because it tastes bad.



Grate the ginger into tiny pieces.



After adding all ingredients to the water, stir and refrigerate overnight.

It is water.  
It is not fattening.  
It does not taste plain.

## HEALTHY WATER FOR DIGESTION

Ingredients:

- 6 cups of water
- ½ teaspoon ginger, peeled and grated
- 3 mint leaves
- 10 thin slices of cucumber
- 5 thin slices of lemon
- 2 thin slices of lime

**Directions:** Clean and prepare ginger, mint leaves, cucumber, lemon and lime. Add to water in pitcher. Squeeze the ingredients slightly when adding to water. Stir. Refrigerate overnight. The cucumbers will taste refreshing while improving the look of your skin while the ginger will assist in digestion or calming an upset stomach. Of course, do not forget all the nutritional benefits that the slices of lemon will add to the water.

Source: *Redhead Riter*.



## SASSY WATER

2 liters water (about 8 ½ cups)  
1 teaspoon freshly grated ginger  
1 medium cucumber, peeled and thinly sliced  
1 medium lemon, thinly sliced  
12 small spearmint leaves.

Combine all ingredients in a large pitcher and let flavors blend overnight.

Drink the entire pitcher by the end of each day.

Source: *Prevention.com*

## LEMON WATER or LEMON/LIME WATER



Simply adding a slice of lemon to your structured water will enhance the taste and help the water to become more hydrating for your body.

Squeeze fresh lemon and lime into your structured water for an even more refreshing variation.



For convenience, you can juice several lemons and/or limes ahead of time and freeze them in ice cube trays.

Keep these in your freezer and simply add a lemon ice cube to a glass of structured water any time for a quick and easy lemon flavored water drink.

## STRAWBERRY WATER





- structured water
- fresh strawberries
- fresh cucumber slices

In a large glass pitcher (I use a 60oz glass pitcher), add 4 sliced strawberries and 8 cucumber slices. Fill with structured water at room temperature.

You can drink immediately or for more flavor let this sit for a while. The water will turn a beautiful pink color and will taste and feel very refreshing.

## GINGER MINT WATER



- 60 ounces of structured water
- 1 tsp. freshly-grated ginger
- 6 freshly-cut ginger slices - grated
- 4 Meyer or regular lemon slices
- few sprigs of fresh mint leaves

In a large (60oz) glass pitcher, add 1 tsp. freshly grated ginger, 6 freshly-cut ginger slices, 4 Meyer lemon slices and a few sprigs of fresh mint leaves. Fill with structured water at room temperature and let sit for at least 20 minutes. Enjoy a refreshing and energizing drink.

## CUCUMBER LEMON WATER

- structured water
- cucumber slices
- lemon slices

In a large (60oz) pitcher, add 8 freshly cut cucumber and 4 lemon slices. Fill with good quality room temperature water. Enjoy immediately or let sit for more flavor.

## SPORTS DRINK - ELECTROLYTE WATER - (much better for you than store bought sports drinks, which are full of unhealthy ingredients)

- 20 oz. structured water
- 1-1/2 freshly squeezed lemon or lime juice (or both)
- 1 tbsp. of raw honey (or Grade "B" Maple syrup )
- ½ sea salt

In a blender, blend all ingredients. Please use your taste buds as your guide and feel free to adjust these ingredients to what feels and tastes right for you. There may be days when your body will want more salt and other days when your body will be asking for more honey or lemon juice. Depending on your current electrolyte balance and needs you will want to make a drink that is tailored for you and your taste buds will help you to do that.



**CHERRY LEMONADE** - another great sports drink. This is a refreshing and delicious twist on the electrolyte drink above, perfect lemonade full of nutrients and electrolytes to keep you hydrated.



- 7 cups structured water
- juice from 3 lemons
- 4-5 tbsps. Honey (raw), depending on how sweet you want your lemonade (or Grade "B" Maple Syrup)
- 1-2 tsp. sea salt (optional - a great option if using this as a sports drink)

Blend all ingredients in a blender and pour into a glass pitcher for serving. Drink 'as is' or serve over ice.

This is the best lemonade you will ever have.

#### **OTHER OPTIONS**

I think you get the idea. There are many other things you can add to your glass pitcher of water. Use your creativity to come up with different combinations of the above or different ingredients to make your own flavored waters. Don't want to make a whole pitcher? Lessen the amounts and make just one glass.

Having a party, summer barbecue, pool party or picnic? Make several pitchers each with a different flavor of water or have all ingredients. .laid out and each person can create their own flavored water in their individual glass.

**Here is a list of just a few ideas of the ingredients you can play with:**

- strawberries
- cucumber slices
- ginger
- mint leaves
- basil leaves
- lemon slices
- lime slices
- orange slices
- raspberries
- other berries (goji berries, blackberries, blueberries, etc.)
- pine needles
- rosemary
- rose petals
- lavender flowers
- nettles
- seaweed (putting a piece of seaweed in your water, like kombu or arame, is a great way to get more minerals into your water)



## FINAL THOUGHTS ON WATER

Drinking enough water is one of easiest ways you can improve your health.

Make sure you are getting enough water into your body by improving your diet and drinking enough water for you based on your current situation.

Enjoy your water... enjoy your life... **HEALTHY WATER IS LIFE.**

*Source: Making Healthy Choices*