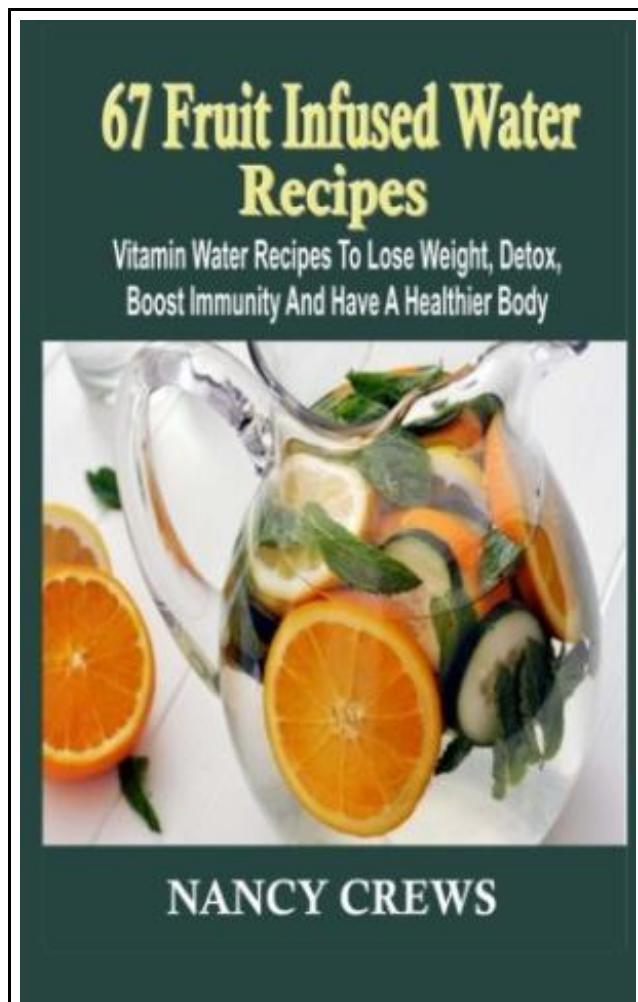


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Comprehensive manual for ebook fans. I am quite late in start reading this one, but better then never. Its been written in an exceptionally basic way and is particularly merely soon after i finished reading this publication in which really changed me, affect the way in my opinion.
(Prof. Antone Olson II)

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Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Drinking adequate water every day is essential for proper hydration, better health and weight loss. The fat burning process actually slows down when you don t drink enough water. But there are many people out there that do not like drinking plain water. If you are one of these people, fruit infused water is the delicious alterative you need to break your addiction to sugary drinks and diet drinks that are filled with chemicals. The 67 Fruit Infused Water Recipes: Vitamin Water Recipes To Lose Weight, Detox, Boost Immunity And Have A Healthier Body will make it much easier to drink all the water your body needs daily. Your body will get a healthy dose of essential minerals, vitamins and other micronutrients because of the infusion of fruits, herbs and spices. Besides curbing your sweet tooth, your weight loss efforts will be enhanced, you will have less stress, and minor ailments will be healed. Benefits you can expect include: -Getting extra minerals like calcium and magnesium in your body -Vitamins that promote glowing skin and healthy hair -Getting rid of toxins, bacteria and other parasites Minimizing your intake of soda, energy drinks and sports drinks is vital for better health. Now you have 67 healthy drink choices if you want to Rethink What You Drink. You can easily make any of these recipes and keep some quantity in a water bottle that you carry around with you. Water will no longer be boring and you can have as much of it as you want. Stay away from unhealthy choices of sugar-filled juices, sodas and fizzy drinks. Get the hydration your body needs through fruit infused water with the...



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