



**Liquid Vitality : Creating tasty nutritious vitamin  
water recipes at Home ( Best homemade fruit  
infused water Recipes, make your own vitamin  
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Book 1)**

*Gio Angelo*

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## **A Proven, Step-By-Step System To Creating tasty nutritious vitamin water recipes at Home**

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### **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.

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