

THE WATER INFUSION

Turn Plain Water into a Refreshing
Delightful Beverage



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Water, Water, Everywhere

Water.

Over 60% of our body is made up of it.

We will die without it.

But so many of us just plain don't like it. What's a simple way of ensuring you drink enough water while enjoying the taste?

Water infusions.

Congratulations, you've taken the first step by purchasing the Infusion Water bottle. Be prepared to take your water drinking from weary to wonderful within minutes.

Water infusion is by no means a new concept. Pre-historic man probably used shells to hold water, and the flesh of the shell (such as the coconut) would most likely flavor the water.

How delicious!

Therapeutic spas are known for their ‘fancy’ flavored water, which is often a combination of cucumber and lemon, placed in a jug, which gives a cooling, refreshing taste to the humble H₂O.

Water infusions are reported to improve energy, increase mental alertness, improve headaches and brighten skin. The following recipes are designed to get your creative juice flowing. There are no rules when it comes to water infusions. If it tastes good to you, that’s the most important thing!

It’s common knowledge that we should all be drinking eight glasses of water per day. This isn’t just the water companies’ way of selling product. All day we are losing water through our breath, sweat, and urine. Dehydration occurs when the amount of water we lose is more than the amount we take in. Even slight dehydration can lead to fatigue and slower mental cognition. The human body will start to shut down with an 8% lack of water and a 10% loss of water can result in death.

Signs of Dehydration:

- Thirstiness
- Weakness in muscles
- ‘Cotton mouth’
- Dizziness/light headedness
- Mental confusion
- Dark colored urine
- Overall ‘sluggish’ feeling
- Heart palpitations

In the warmer months, your body needs even more water as we often lose water faster than we consume it through excessive sweating.

Having your Infusion H2O water bottle with you at all times during the summer months is the easiest way to combat this problem.

Water is also vital to ensure correct digestive health. Water is like the oil in a car, it is needed to ensure everything is running smoothly and that our food is broken down and the nutrients are properly distributed.

Water is particularly important if you eat a diet that comprises of a high amount of processed foods.

About 20% of our water intake comes from the food we eat, but processed foods contain high levels of sodium which absorbs water meaning that the body craves water to make up this deficit.

Is water really THAT much better than other drinks, though?

The short answer is yes. Drinks such as soda are full of sugar, some containing up to five teaspoons of sugar per glass!

Most commercial fruit juices are also laden full of hidden preservatives and sugars, even though they are seem like a healthy alternative to soda, more often than not they are on par with soda when it comes to the damage they do to our bodies.

Five teaspoons of sugar in one glass of drink is far more than the body needs or can manage in one sitting. When you consume high levels of sugar your body produces insulin to help save the sugar as energy.

The excess energy, which the majority of a five sugar glass of juice or soda is, is then stored as fat. If a person regularly consumes large quantities of soda, the body has to consistently be over producing insulin, which can lead to diabetes.

It makes sense then that water is the best way to go. The water infusion recipes are fabulous tasting concoctions that are simpler, healthier and cheaper than sugary alternatives.



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Infusion Ingredients

What kind of ingredients are best for making the best infusion possible?

Ripe, juicy fruit and vegetables are the best as they already are primed to leech out their goodness.

To begin it's best to limit your infusions to one or two good quality ingredients, as too many flavors can confuse the palate.

Citrus fruits such as lemons, limes and oranges are a staple ingredient in water infusion as they have a high juicy content already, which mixes nicely into your water.

Here are some well-known water infusion ingredients:



Apples: They say an apple a day keeps the doctor away. Apples contain the antioxidant quercetin which helps minimize cellular deterioration in the brain. Apples lower cholesterol which minimizes the chances of heart disease and stroke. Green apples such as Granny Smith are good for promoting healthy gut bacteria and aiding digestion. Ripe, crisp apples have a delicious juicy flavor, making them perfect for water infusion.



Basil: Basil leaves contain the essential oils eugenol, citronellol, limonene and terpineol. These oils have anti-inflammatory and anti-bacterial properties. Basil has high levels of Vitamin A which helps promote eye and skin vitality. The smell of basil is also known to ease nerves. Little wonder this little leaf is often referred to as a 'holy herb'.



Blueberries: Blueberries are well known for being good for all over health benefits. They are believed to have the highest amount of antioxidants out of any fruit and vegetable readily available on the market. These antioxidants help nearly every part of the body, from skin care to mental alertness. Blueberries help reduce LDL cholesterol levels which lowers the chance of heart disease. The blue color also looks very appealing in the infuser bottle.



Coconut: Probably one of the first water infusion flavours known to man, coconut are a good source of 'healthy fats' which has a low GI index, keeping you fuller for longer. It is great for giving an energy boost and unlike sugary energy drinks will keep you going during endurance training., The best thing about coconut infused water though is definitely the taste. One sip and you are transported to a Caribbean holiday, even on the darkest of winter days.



Cucumber: Cucumbers are synonymous with skincare both inside and out. Suffering for the pain of sunburn? Drinking water infused with cucumber will actually take some of the sting away. Cucumbers are full of the 'skin minerals' magnesium, potassium and silicon which is why cucumber water and cucumber based products are so heavily abundant in health spas and beauty salons. They also act as breath freshener, having a sip on your infuser bottle full of cucumber just before you walk into a work meeting ensures there will be no embarrassing breath issues in your immediate future!



Grapefruit: Often referred to as the world's healthiest fruit, grapefruit is proven to lower blood sugar levels. It is a high source of potassium, which helps eradicate waste build up from the body, beneficial for those trying to lose weight.

Half a grapefruit a day provides almost half of your daily vitamin C for the day. It is reported that eating one grapefruit a day with water can help ward off diseases such as cancer! Little wonder this citrus is known as a 'super fruit'. A word of caution regarding grapefruit though, it is so good at speeding up metabolism that is recommended that people on slow release medication such as the contraceptive pill do not eat this fruit as it can effect the working of such medication.



Lavender: Lavender is particularly good for dealing with anxiety, sleep disorders, irritability and low mood. Drinking a glass of lavender infused water directly before bed can help promote a better, more peaceful sleep. Sipping on lavender can also lessen the effects of pre-menstrual emotional symptoms in women.



Lemon: Lemons are packed with all sorts of vitamins such as Vitamin A, B6, C and E. Water infused with lemon is a good source of relief if you have kidney stones and reducing fever as it helps promote sweating. Lemons contain flavonoids which contain antioxidants and help kill off free radicals. Lemon also acts as a blood purifier and cleansing agent, so drinking lemon infused water while eating a heavy meal can help ward off the undesirable bloated feeling.



Lime: Lime is a traditional healing agent and has been used for many centuries for medicinal purposes, especially those relating to the liver. Lime was regularly given to sailors to help ward off scurvy as lime is full of Vitamin C.

Like lemons, limes are full of flavonoids which aid digestion and help maintain a healthy liver. The flavonoids in limes help stimulate the secretion of digestive acids and bile which helps break down fat in the blood stream.

The benefits of limes last longer in the system than other culinary medicines such as dark chocolate and green tea, giving lime more opportunity to eradicate free radicals which lead to diseases.



Mint: One of the most widely used herbs, mint is excellent to help stomach problems and aid digestion. Mint increases bile secretion and helps bile flow through the stomach speeding up digestion.

Mint relieves pain that comes with gas and bloating. Mint water is good to have on hand when eating to ensure a healthy gut. Mint also acts as a breath freshener, another reason why mint infused water is a must-always-keep-in-the-refrigerator flavor.



Oranges: Oranges are known for being good as a super dose of vitamin C. But did you also know that they are an excellent source of vitamin A and B?

They are also full of dietary fiber, which can help with digestion problems such as constipation. They also help flush out the kidneys and can help prevent kidney infections and kidney stones. It is recommended to limit the amount of orange juice one consumes though as it can lead to tooth decay which is why water infused with orange is such a great alternative to traditional orange juice.

These are not a hard and fast list of ingredients you must use however. The fun of water infusion is that there are no rules! Mix and match what ingredients you use until you find something that works for you.

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One Hit Wonders

You don't need lots of fancy ingredients to make a tasty water infusion. Some of the best infusions only use one ingredient.

The best way to enjoy a one hit wonder infusion is to prepare the night before. That way you can start your day the best way – the H2O way.

The quality of your ingredients is important with all infusions, the local farmers market is a great source of fresh produce, and you can even buy large quantities of quality, fresh produce and freeze it, ready for a infusion at a moments notice.

Orange Fusion

Nothing can kick start your day like the refreshing taste of a ripe, fresh orange. An excellent source of vitamin C orange fusion is just what the doctor ordered.

½ an orange

32 oz water

1. Cube the orange and place into the infuser basket.
2. Fill the bottle with water, screw on the lid and leave in the refrigerator overnight.
3. Wake up and start the day the orange way!

Tip- Keep topping your bottle up throughout the day to continue the orange goodness all day.

Pineapple Punch

Often people assume no soda equals no sweetness. This simple infusion shows that water can be just as sweet but with a bunch more benefits than the sugary variety of sweet drinks.

Fresh Pineapple

32 oz water

1. Fill the infuser basket with chopped fresh pineapple.
2. Fill the bottle with water, screw on the lid and leave in the refrigerator for a minimum of two hours before drinking.

Not only does this fusion taste great, it helps brighten mental cognition, making it the perfect go-to before a work meeting or a big test at school.

Orange Fusion

This is the 'old school' water infusion. When one thinks of refreshing days at a health spa cucumber water is an expected part of the deal. It's refreshing, subtle taste makes the water a treat and will put even the anxious in a Zen mood, making it the perfect everyday water, especially during the work week.

¼ cucumber

32 oz water

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1. Slice the cucumber and place it in the infuser basket.
2. Fill the bottle with water and screw the lid on the bottle.
3. Place in the refrigerator for a minimum of two hours.

Mint Water

Mint is excellent for digestion. This infusion is a great option to sip on while having a meal. Any kind of mint works, and your local farmers market will generally have a wide variety. If you want to ensure you have a fresh selection of mint available at a moments notice, try growing your own mint. It's inexpensive to purchase a small mint plant and is easy for even the most novice gardener to cultivate.

1 sprig of mint

32 oz water

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1. Tear the mint leaves into the infusion basket.
2. Fill the water bottle with water and screw on the lid.
3. Chill the water for at least one hour before enjoying.

Lime Water

A bit fancier than lemons, limes have a unique taste that is YUM YUM! Sipping on lime water is especially good at curbing the '3 o'clock crash' and is great for people who are inclined to snacking as it is known to keep those hunger pangs at bay.

½ lime

32 oz water

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1. Slice the lime and squeeze the juice into the bottle and place the lime into infuser basket.
 2. Fill the bottle with water and place the lid on the bottle.
 3. Chill for an hour before drinking. Delicious!

Ginger Water

Ginger is excellent for a variety of things. It has been used for a variety of ailments for centuries. Ginger is particularly good for nausea and is particularly good for pregnant women. Ginger water is also a good companion on road trips as ginger can help alleviate motion sickness.

A 2cm piece of ginger

32 oz water

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1. Slice the ginger and place it in the infuser basket.
2. Fill the water bottle and screw the lid on.
3. Leave for a minimum of two hours and then drink and enjoy.

Tip – Don't throw your ginger out at the end of the day. Keep it and use in hot water in a lemon, honey and ginger drink.

Blueberry Bliss

Blueberries are one of the most well known 'super foods'. Juicy and succulent, they make a great addition to your infusion bottle for a blissful beverage at any time.

A small handful of blueberries

32 oz water

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1. Place the blueberries in the infuser basket.
2. Gently squash the berries in the basket (using your finger or a teaspoon).
3. Fill the water bottle with water and place the cap on.
4. Chill for at least two hours before serving.

Tip – Though this drink is tasty with fresh berries, it is also equally as good with frozen berries, which is especially handy over the winter months when fresh berries are not readily available.



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Sparkling Sensations

Just because you are ditching the soda in favor of a healthier alternative by no means equals that you are ditching the fun. Sometimes the best way to jazz up water is by making it bubbly.

There are several ways you can go about acquiring sparkling water for your infusion recipes. You can buy it; brands such as San Pellegrino and Perrier are readily available at the grocery store.

Otherwise you can invest in a carbonated seltzer machine. Brands such as SodaStream have made at home water carbonation en vogue again in recent years and you can purchase a machine for around fifty dollars from most household goods stores.

The following recipes are good pick me up drinks, for those days when you want to have some fun in your bottle.

Strawberry Watermelon & Mint Fizz

The pinks and greens in this makes your bottle look like a party in your hand. As well as looking festive, this drink is full of vitamins and calming mint will settle any niggles you may have in your stomach.

4 mint leaves

3 strawberries

¼ cup watermelon

32 oz sparkling water

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1. Put the mint leaves in the infusion basket
 2. Slice the strawberries and watermelon and place in the basket on top of the mint.
 3. Place the lid on the bottle and shake the contents around.
 4. Remove lid, fill the bottle with sparkling water and screw lid back on.
 5. Let the flavors infuse for at least one hour before drinking.

Mango and Lime Fizz

The tartness of the lime brings out the sweetness in the mango

¼ cup of mango

½ lime

32 oz sparkling water

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1. Slice the mango and lime and place in the infusion basket.
2. Squash the fruit together with a teaspoon.
3. Fill the bottle with sparkling water and place the lid on.
4. Allow the flavors to marinade for an hour before drinking.

Peach and Orange Fizz

This drink says summer in a bottle. Full of vitamin C this drink is excellent when you a battling off a cold and need a fun drink to cheer you up.

½ peach

¼ orange

32 oz sparkling water

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1. Slice the orange and mint and place in the infusion basket.
2. Fill the bottle with sparkling water and screw on the lid.
3. Leave the bottle in the refrigerator for at least an hour before drinking.

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Cleansing Concoctions

As noted in the ingredients chapter, many fruits are well documented as having cleansing and free radical killing properties, making them a go-to choice for people wanting to do a cleanse.

Unlike traditional cleanses, where you only sip on a specific beverage to fully eliminate a mixture of toxins from your system, these drinks are perfect to have year round to help promote continual body cleanliness.

Apple and Ginger Water

This is great combination for cleansing and for sipping on if you are suffering from nausea. This drink is a perfect way to use up apples that are on the cusp of being too ripe as the water will soak up all their flavor and as you are not directly eating the flesh, the texture of the fruit is not important. Any variety of apple will work for this, choose whatever apple you like most.

¼ apple

small piece of ginger

32 oz water

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1. Slice the apple and ginger and place it in the infusion basket.
 2. Lightly squash the apple and ginger that's in the basket with a teaspoon.
 3. Fill the water bottle and screw the lid on.
 4. Leave for a minimum of two hours and then drink and enjoy.

Tip – For maximum benefits, leave this drink to infuse overnight.

Lemon and Lavender Water

This drink has a light flavor, perfect for cleansing, especially when we are dealing with stress. This drink is recommended to sip on during high intensity work sessions, such as working to a deadline.

Culinary lavender is available to purchase at your local farmers market, but it is easy to grow in your backyard or in a small pot.

1 small sprig of lavender

¼ lemon

32 oz water

1. Place the lavender in the infusion basket
2. Slice the lemon and place it in the infusion basket on top of the lavender.
3. Fill the water bottle and place the lid on.
4. Infuse the water for at least one hour in the refrigerator before sipping on this refreshing and calming beverage.

Basil, Lemon & Lime Water

This drink is perfect for restoring tired muscles and perking you up after a hard day.

2 basil leaves

¼ lemon

¼ lime

32 oz water

1. Rip the basil leaves with your fingers and place in the infusion basket
2. Slice the lemon and the lime and place in the basket on top of the basil.
3. Fill the bottle with water and screw on the lid.
4. Infuse for two-eight hours before enjoying.

Lemon and Sage Water

Sage is often viewed as a 'winter' herb. But this herb can be utilized year round.

The following recipe is particularly good to cleanse away any lingering germs and bugs, making it a good choice if you are trying to ward off a cold.

A few sage leaves

¼ lemon

32 oz water

1. Place the sage in the water infuser
2. Slice the lemon and place it on top of the sage.
3. Fill the bottle with water and screw on the lid.
4. Let the drink infuse for at least three hours before drinking.

Tip – There is no hard and fast rule for this (or any) of the infusion recipes. Use as much or as little sage as you wish.

Lavender and Mint Water

Lavender is known to help with anxiety and soothe stress and cramps. Mixed with mint, which helps digestion this is a perfect drink for women to drink during menstruation. This drink is by no means a ‘women’s only’ drink though, its perfect for anyone suffering with mild stomach ailments and is good for someone suffering from flatulence.

4 mint leaves

A small sprig of lavender

32 oz water.

1. Place the sage in the water infuser
2. Slice the lemon and place it on top of the sage.

3. Infuse overnight before drinking.

Tip – To gain maximum flavor and benefits from this drink it is best infused slowly over a long period of time.

Cinnamon Water

Cinnamon is full of antioxidants making it an ideal spice to use in a regular cleansing regimen. The best thing about cinnamon infused water is that your taste buds don't know exactly what hit them. It's spicy and sweet all in one.

1 cinnamon stick

32 oz water

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1. Place the cinnamon stick in the infuser basket
2. Fill the bottle with water and screw the lid on.
3. Infuse for a minimum of eight hours before enjoying.

Tip – You can reuse the cinnamon stick for several days and still get the benefits and taste!

Apple and Blueberry Water

As both apples and blueberries are high in antioxidants this drink is a perfect detox sipper. Apples and blueberries also work excellently together, ask any baker.

¼ of an apple

¼ cup blueberries

32 oz water

1. Slice the apple and place in the infusion basket
2. Place the blueberries on top
3. Squash the fruit with a teaspoon in the basket
4. Fill the bottle with water the put the lid on
5. Allow the drink to infuse for at least an hour before drinking

Tip – Though any apple works nicely in this recipe, a juicy red apple works a real treat!

Raspberry and Vanilla Water

This drink is good for weight loss because the second it hits your taste buds you won't settle for cheap carbonated sodas ever again.

1 vanilla pod

¼ cup raspberries

32 oz water

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1. Place the vanilla and raspberries in the infusion basket.
 2. Gently squash the raspberries in the basket with a teaspoon.
 3. Fill the bottle with water and screw on the lid.
 4. Refrigerate and enjoy after an hour of infusing.

Tip – You can reuse the vanilla as many times as you like until the flavor no longer leeches out of the pod.

Strawberry, Watermelon & Rosemary Water

This drink helps flush out any bad guys in your system which means that your metabolism will work at its optimum level.

4 strawberries

¼ cup watermelon

1 sprig rosemary

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1. Slice the strawberries and watermelon and place in the infusion basket.
 2. Place the sprig of rosemary around the fruit in the basket.
 3. Fill the bottle with water and screw on the lid.
 4. Allow the water to infuse overnight before drinking.

Cranberry and Lime Water

Cranberries and lime water is great year round, but particularly good during the festive season when many tend to become lax regarding their eating and drinking habits. This drink keeps you on point, both in the color and the health department!

¼ cup fresh cranberries

½ lime

32 oz water

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1. Slice the cranberries and place them in the infuser basket.
 2. Slice the lime and place it on top of the cranberries.
 3. Fill the bottle with water and screw on the lid.
 4. Leave the bottle for an hour before drinking.

Chili Water

This infusion isn't for the faint of heart. Chili will liven up circulation and kick your metabolism into gear. It's recommended to leave the chilies whole, as sliced chilies may make the water too pungent to enjoy. You will need to thoroughly clean your infusion bottle after drinking a chili water infusion.

1 small chili

32 oz water

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1. Place the chili in the infusion basket.
 2. Fill the bottle with water and screw on the lid.
 3. Leave the water for at least two hours before drinking.

Tip – If the sound of chili by itself doesn't sound like you, try popping a vanilla pod in the infusion basket also. A surprisingly good combination!



Water for Weight Loss

Water is one of the best things you can take if you are trying to shed a few extra pounds. People often confuse hunger for thirst, leaving many to snack on excess calories when drinking a glass of water would curb the pang in their stomach.

Many find the taste of water unappealing, and would rather the taste of a candy bar over 'boring' water, which is why infused water is such a powerful tool in the battle of the bulge. Water also can help ensure your metabolism is running at an optimal level as it acts as the lubricant that makes all your organs work cohesively.

The underlying cause of the global obesity epidemic has been debated and written about ad nauseam. How can a third of the United States population, some 100 million people, be obese? What is going wrong?

People may argue about what is going wrong but one thing that is undeniable is that a lot of people are making a lot of money because of it. The weight loss diet industry, the supplement industry and the fitness industry are all taking advantage of the world's fat woes. They are selling billions of dollars worth of product to promote fat loss.

Yet, the raw truth of the fat loss dilemma boils down to two fundamentals:

1. People don't know when they are thirsty
2. They are taking in the wrong type of fluid

The body triggers its sensation for food and water based on diminished energy levels. These two sensations reach the brain together – and most people interpret them to be a sensation just to eat. The body does not send a separate signal for thirst and another one for food. As a result, we often reach for food when we should be reaching for water.

If we could separate these two sensations, then we would be at an immediate advantage in the battle to control our body fat levels.

Well, we can – and here's how:

Drink a glass of water before you eat.

When you do that, you will satisfy the body's need for hydration and you will prevent yourself from over-eating.

Hydroelectricity and You

Until recently, it was believed that the body received energy in one form only – the metabolism of food and the formation of sugar. However, a recent discovery has revealed that there is another mechanism at work. It turns out that we have another potent energy producing power plant within our systems that is working 24 hours a day, seven days a week to supply the body's energy needs – and it involves water.

The human body has the amazing ability to generate hydroelectric energy.

It turns out that, within our cell membranes are located energy generating pumps, just like what we'd find in a man-made hydro-electric power station. When water passes through the cell membrane, these membranes are switched on and hydroelectricity is produced.

Suddenly, water takes on a whole new significance. On top of everything else that it does to keep us alive and well, it is also providing half of our energy supplies.

Of the two forms of energy – food and water – which is better when it comes to maintaining our body weight? Water. Why?

Quite simply because a key reason that we eat is to supply our brains with energy to perform it's non-stop job of controlling and regulating the body. But only about 20% of the food we ingest gets to the brain. The rest is either burned through exercise or, more likely, stored in our bodies. However, when we use water as our preferred energy source, any unused energy is removed from the body as urine.

Manufactured beverages are NOT the same as water

The reliance on these drinks – and in particular diet sodas – has been a massive contributing factor to the obesity epidemic. It also has a lot to do with many of the chronic health problems in our society.

Sodas contain caffeine, which is a drug with addictive properties. It is also a diuretic and a dehydrating agent. In fact, caffeine causes you to urinate more, taking water out of your body. Combine all of these factors and you can see why some people are constantly drinking sodas:

1. It's addictive
2. The water doesn't stay in their body long enough to satisfy them

In tandem, with all of this, people are likely to confuse their increased need for water as a result of the dehydrating effect of caffeine, with hunger. As a result they'll eat more because they have confused thirst for hunger.

Breaking the Drought

By now, you should be pretty convinced that you need to drink more water.

So, how much?

At an absolute minimum you should be drinking 8 glasses of water each day.

That's 8 x 8 ounce glasses (250 mLs). This equates to 64 ounces or 2 liters each day.

Don't drink that water too fast. Spread it over your entire day. Sip it from your infusion water bottle.