



# Water Add-In's

When the normal water content of your body is reduced, it upsets the balance of minerals (salts and sugar) in your body, which affects the way it functions. Water makes up over two-thirds of the healthy human body. The skin, muscles, kidneys, brain, and cardiovascular system may all suffer from the effects of dehydration... hence the troubles with mental health. If you do not replenish your body's water supply by drinking plenty of fluids and you become dehydrated, your body will be unable to perform its normal functions including attention and memory and cognitive changes (aka changes in moods and mental health). These two things go hand in hand my friend!

## HERE IS MY LIST OF WATER ADD-INS

Fresh Lemon or Lime Wedges  
Honey & Cayenne Pepper  
Fresh Watermelon & Mint  
Fresh Ginger & Mint  
Fresh Cut Cucumber  
Cactus Pear & Honey  
Lemongrass & Rosemary  
Pineapple, Turmeric & Black Pepper  
Raspberries & Lime  
Grapefruit & Rosemary  
Blackberries & Fresh Mint  
Fresh Strawberry & Orange Wedges  
Fresh Cut Cucumber, Mint & Jalapeno  
Fresh Lemon Wedges & Thyme  
Orange Wedges & Star Anise  
Fresh Basil, Ginger & Lime Wedges

This list is always growing and changing! Try coming up with our own recipes too and feel free to share them with me too! I hope this helps you increase your water intake for your health and happiness!

Please TAG me in your posts of trying these water infusions!