

THE *Skinny Water Guide*

Recipes for infused vitamin water to
keep you healthy and hydrated



VAS EXCLUSIVE
All About Juicing®

Hello Juice Lover!

Welcome to the Skinny Water Guide! In this guide, I will show you how to hydrate your body and enjoy added benefits like weight loss, reduced toxins, decreased inflammation and more energy!

I am so excited to share with you a hidden secret that should not be a secret at all – you can drink yourself skinny. Many of my clients have suffered from dehydration which led to poor digestion, acne, lack of energy, increased cellulite and of course, the inability to lose weight. I don't want this to be the case for you!

Drinking fruit, veggie and herb-infused waters offers you a simple solution to weight loss and naturally cleansing your body – a solution that tastes good! And should be in conjunction with your juicing routine.

Most experts say we should drink at least 64 ounces of water per day. Are you drinking this amount? If you are – awesome, we're going to make it taste even better! But if you are not drinking water because you hate the taste, it's okay – we're going to fix it so you enjoy it!

Infused water is a really great way to add in vital nutrients all at once, and is a great way to hydrate your body with ease. No longer will you need those flavored carbonated beverages!

Can't wait to share these delicious recipes with you!

Let's get healthy and hydrated!

Love + Juice,
Vanessa



Staying Hydrated With Water:

THE IMPORTANCE OF H2O

**YOU ARE NOT JUST WHAT YOU EAT;
YOU ARE WHAT YOU DRINK.**

Water is the basis of all life, and without water you wouldn't even be able to survive. The muscles in your body contain 75% water, your blood which transports nutrients contains over 80% water, your lungs that give you oxygen contain 90% water, your bones are 25% water, and your brain that controls your entire body and systems contains over 75% water.

So without water, how do you think your body will run? Will you feel healthy if you are dehydrated? Absolutely not!

In order to be healthy, the body needs to keep hydrated. Adding fruit-infused water to your daily routine is an excellent way to not only stay properly hydrated, but also add in vital nutrients.

It's also a great way to back off the carbonated drinks, flavored beverages and so on. With fruit-infused water you are getting flavor in a natural way. Essentially, you are making homemade vitamin water.

The amount of water you need to consume depends on your weight, but a good estimate is half of your body weight in ounces.

**REMEMBER YOU ARE NOT JUST WHAT YOU EAT,
YOU ARE WHAT YOU DRINK!**

BENEFITS OF INFUSED WATER FOR WEIGHT LOSS & HEALTH

1. Boosts your metabolism
2. Naturally helps you release cellulite
3. Flushes toxins from your system
4. Improves digestion
5. Keeps you hydrated with natural minerals and vitamins from fresh vegetables, fruits or herbs
6. Helps to restore your energy after a workout or sweating

BENEFITS OF STAYING HYDRATED

1. Gives you a natural energy boost
2. Keeps you healthy and hydrated
3. Keeps your appetite more satisfied
4. Helps to keep food moving through your system, making digestion easier
5. Naturally flushes toxins from your body
6. Improves your mood
7. Reduces fatigue
8. Decreases inflammation and muscle aches
9. Hydrates your skin leaving you with a glow

HEALTHY TIPS TO STAY HYDRATED

- Drink a large glass of infused water upon waking. You can add a dash of Himalayan sea salt for a boost of minerals, which is great for reducing exhaustion and wonderful for weight loss.
- Drink infused water 45 minutes before a meal as hydration is key for proper digestion and wonderful for combatting sugar cravings.
- Make a huge pitcher of infused water and leave it in the fridge or fill all of your glass water bottles and have the water ready for you to consume. When you have infused water ready to go, you will drink it instead of something else.

- Fill the glass bottles and make sure you drink your 64 ounces per day. If you are looking to banish cellulite and lose weight, aim for 70-80 ounces, especially during the summer months or if you work out daily. This would be equal to 4 or 5 of your glass bottles.
- If you find yourself hungry, have a fruit-infused water with *cinnamon* to balance blood sugar. Did you know often signs of hunger are really signs of dehydration?

Weight loss tip: Drink a gallon of infused water per day for a weight loss flush. This is equal to 8 of our 16 ounce glass bottles.

OPTIONS TO INFUSE WATER AT HOME:

By adding your favorite fruits, veggies and herbs to your water, your body will benefit by staying hydrated and absorbing the vital nutrients to stay healthy and happy.

Here's what you need:

- Our VAS Exclusive Six-Pack Glass Water Bottles Set

If you don't have them yet or want to get more, go here:

<https://www.amazon.com/dp/B076CSHCTG>

OR...

- Infused Water Bottles
- Large Beverage Dispenser
- Fruit Infusion Flavor Pitcher
- Ball Wide Mouth Jars



FAQS

How long should I infuse the water?

Infuse water for 1-2 hours at room temperature or in the fridge for 3-6 hours to achieve the most flavor. Some recipes can be infused overnight or up to 12 hours works well.

If you infuse for 6 or more hours be sure to remove the fruits and herbs from the water, then store the infused water in the fridge for up to 3 days. Removing the infused fruits from the water will prevent the fruit from decomposing in the water, which would give off a less than desirable taste.

How long do infused waters stay good for?

Drinking the water the same day or next day is best, but you can drink your refrigerated infused waters within 3 days of infusing. If you're not refrigerating the water, you should always drink infused waters the same day as infusing.

How to Make Infused Waters:

1. Shop for your favorite fruits, veggies and herbs from the recipes below or your own
2. Slice fruits or chop fresh spices
3. Add the fruits and spices to the bottom of the jar
4. Fill the jar with clean spring water (it's always best to use non-chlorinated water)
5. Let the infused water sit in the refrigerator for at least 30 minutes or up to 6 hours

Recipes

Infused Water Combinations

YIELD: These recipes work best to fill 2 of our 16 ounce VAS Exclusive glass bottles. Split the ingredients up for each bottle. Double or triple the recipe to fill more. Alternatively, the full recipe works in a large pitcher.

ROSEMARY GRAPEFRUIT:

This helps to detoxify the liver while giving you an added boost of vitamin C.

- 1 grapefruit, without the rind
- 1 sprig of fresh rosemary

MANGO MINT:

Mint is excellent for digestive ease

- 6-8 small leaves of fresh mint
- 1/2 mango, with the skin removed and cut into pieces

CINNAMON APPLE SPICE:

great way to balance blood sugar

- 1/2 green apple, sliced thin
- 1 cinnamon stick

DETOX WATERMELON:

the cilantro helps to detoxify the body

- 6 cubes fresh watermelon
- 6 leaves cilantro

CITRUS BLISS:

helps to alkalize the body

3 lemon slices

2 lime slices

3 drops of stevia liquid (optional)

COOL CALM:

helps to cool & calm the body

1 cup fresh berries

1 handful fresh mint

2 tablespoons honey OR 3 drops stevia (optional)

LYMPH WEIGHT LOSS FLUSH:

boost natural cleansing

1/2 grapefruit, peeled & sliced (ruby red is preferred)

2 tablespoons vitamin C powder OR camu camu powder

1 tablespoon honey or 3 drops stevia (optional)

STOMACH SOOTHER:

help your digestion naturally

2 to 3 thin slices of fresh ginger

3 lemon slices

Trust me, life will never be the same once you keep your body hydrated all day!

The Juice on All About Juicing

All About Juicing will help you juice your way to radical wellness through a straw. If you're a juicer or juicer-to-be, you have found your all-in-one resource for becoming a high-energy, healthy, glowing, nutrition-absorbing machine.

At All About Juicing you'll find:

- Fabulous-tasting recipes you can juice every day. What to juice for what ailment.
- What combinations of juices work the best.
- How to fast and lose weight safely with juicing.
- The drinkable route to flawless skin, nonstop energy, a slim figure, and a sharp mind.
- How to get the most benefit-bang for your juicing buck.
- Guidance from someone who's been around the juicing block.

Whether you find yourself undernourished or want to start clean eating, All About Juicing can help you add this habit into your daily life and love it at the same time.

Are you in? Let's start the juicer.



About Vanessa

Vanessa Simkins, The Juicing Mixologist®, is an author and the founder of all-about-juicing.com: a website and newsletter serving up fresh, tested juicing advice for getting a hot body, glowing skin, and lifelong health through a straw.

She is also the founder of Vanessa's Juice Club, a membership community where juicing daily is easy and fun.

Her newsletters, products and site reach over a quarter-million readers each month – a veritable army, inspired to juice for better health.

A juicing trendsetter known for her inventive and tasty juice recipes, Vanessa has an undying thirst for connecting people back to what makes them healthy, one drink at a time.

Disclaimer: There are many variables that play a role in your health and wellness. Always consult a physician about your health, wellness, medical conditions, and dietary needs, including any health questions, reactions, or concerns you may have regarding our ingredients and recipes. This information and recipes are not meant to cure, treat, or diagnose health issues or diseases. The information we provide are based on both factual nutritional analysis and personal experience.