

# ADD SOME EXCITEMENT TO YOUR WATER!



## ADD SOME SPICE

Adding some fresh ginger, turmeric and/or cinnamon to your water can spice it up while giving your body a boost of anti-inflammatories. Grate 1 inch of fresh turmeric root and 2 inches of fresh ginger root and place in a tea ball. Let it steep in a pitcher of warm water for 15 minutes. When needing a bit of sweetness, I will add a touch of honey to the mixture and/or a cinnamon stick.

## ADD SOME FRUIT

Adding some slices of citrus fruit, strawberries, cucumbers or mint leaves can bring a refreshing flavor and a gentle sweet taste to the water. The added citrus will also provide some extra vitamin C and lemon water is touted as having some detox properties. Fill up your pitcher with whatever fruits (or veggies) you have on hand and sip throughout the day.



## ADD SOME CHIA SEEDS

Adding chia seeds can help win the battle against dehydration. Chia seeds absorb 30 times their weight in water and can be very hydrating to the body when consumed in water.

Classic "Chia Fresca" Recipe:

1 cup water

1 tablespoon chia seeds

2 tablespoons fresh lemon or lime juice

2 teaspoons honey

Add chia and water to a glass and stir well to combine. Let sit for 10 minutes to allow the chia seeds to swell up. Add juice and honey to taste. Stir well and enjoy.

