



HOW MUCH WATER SHOULD I BE DRINKING? GUIDELINES

These guidelines are adjusted by weight. To calculate an estimate of how much water you need per day:

Current body weight (in lbs) x 0.5 = ounces of water
ex. 150 lb x 0.5 = 75 ounces

SOME OF MY FAVORITE WATER RECIPES:

To infuse water, start with a large glass bottle with a lid. Wash/rinse your add-ins. Use organic when possible and avoid bruised or overripe fruits. Add fruit, veggies, herbs and spices to the bottle. Fill the bottle with water. Allow to sit for a few hours.

Morning Energy Boost

Lemon
Pinch of cayenne (Start small.
You want to feel the heat, but it shouldn't be hard to drink.)

Anti-inflammatory

Watermelon
Berries
Lemon
Cucumber
Ginger

Immune Boost

Oranges
Vanilla Beans
Cinnamon Sticks



Detox

Cucumber slices
Lemon
Mint