



SLIMMING SPA WATER
GUIDE

HELLO MY WELLNESS WARRIOR!

Welcome to the Slimming Spa 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 slimmer. 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!

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 is 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 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!

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This is not intended to diagnose, treat, cure, or prevent any disease.

Let's get healthy and hydrated!

XOXO

Kim Lam

Holistic Health Coach



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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!

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INFUSED WATER FOR WEIGHT LOSS

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

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HEALTHY TIPS TO STAY HYDRATED

1. Drink a large glass of infused water upon waking. You can add a dash of sea salt or Himalayan pink salt for a boost of minerals, which is great for reducing exhaustion and wonderful for weight loss.
2. Drink infused water 45 minutes before a meal as hydration is key for proper digestion and wonderful for combatting sugar cravings.
3. Make a huge pitcher of infused water and leave it in the fridge. I suggest buying a BPA-free pitcher or use a glass pitcher or mason jars 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.
4. Buy a BPA-free bottle such as Nalgene or you can buy a glass travel bottle and make sure you drink your 64 ounces per day. If you are looking to banish cellulite and lose weight, aim for 80 ounces, especially during the summer months or if you work out daily.
5. If you find yourself hungry, have 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 the ultimate weight loss flush.

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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 should buy:

- Infused Water Bottles {BPA-free or glass}
- Large Beverage Dispenser
- Fruit Infusion Flavor Pitcher
- Ball Wide Mouth Jars

You can find these items at your local health food store, department store, or even online at places like www.amazon.com.

BENEFITS OF STAYING HYDRATED:

- Gives you a natural energy boost
- Keeps you healthy and hydrated
- Keeps your appetite more satisfied
- Helps to keep food moving through your system, making digestion easier
- Naturally flushes toxins from your body

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- Improves your mood
- Reduces fatigue
- Decreases inflammation and muscle aches
- Hydrates your skin leaving you with a glow

FAQS

How long should I infuse the water?

Infuse water for 1-2 hours at room temperature or in the fridge for 3-4 hours to achieve the most flavor and water color. You can infuse overnight or up to 12 hours.

If you infuse for 4 or more hours be sure to remove the fruits and herbs from the water, and 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.

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HOW TO MAKE:

1. Shop for your favorite fruits, veggies and herbs
2. Slice fruits and vegetables or chop fresh spices
3. Add sliced goodness to the bottom of the jar
4. Fill the jar with clean spring water (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

TIP: I love to use mason jars, glass pitchers or BPA-free containers that hold between 20-36 ounces of water.

RECIPES

When making these recipes it is best to use a 32 oz. mason jar or a 32 oz. infused water bottle or pitcher.

Infused Water Combinations:

ROSEMARY & GRAPEFRUIT: Helps detoxify the liver while giving you a boost of vitamin C

1 Grapefruit, w/o the rind

1 Sprig of Fresh Rosemary

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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

4 cubes fresh watermelon

6 leaves cilantro

Citrus Bliss: helps to alkalize the body

3 lemon slices

2 lime slices

Cool Calm

1 cup fresh berries

1 handful fresh mint

2 tablespoons honey OR 3 drops stevia (optional)

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Lymph Weight Loss Flush

1/2 grapefruit slices (ruby red is preferred)

2 tablespoons vitamin C powder OR camu camu powder

2 tablespoons honey or 3 drops stevia (optional)



Becoming healthy and vibrant does not have to be overwhelming especially when you have direction and support. It should be FUN!

If you're looking for more support, join us in the [Inspired Wellness 4 week program](#).

I have joined forces with two other amazing coaches to help women lose weight and fall in love with their body all over again, without the dieting and deprivation. We take a holistic and fun approach to slimming down and feeling freakin' awesome!

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This is an exciting opportunity for you to get support from 3 coaches to support you in 3 important areas- nutrition, fitness, and life coaching. You can get more information on my [website](#), or feel free to email me at lettucebehealthy@yahoo.com.

Cheers to creating a life you love,

Xo Kim Lam

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