



75
Naturally
Delicious
Flavors

WATER INFUSIONS

Refreshing, Detoxifying and Healthy
Recipes for Your HOME INFUSER

DR. MARIZA SNYDER & DR. LAUREN CLUM

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MARIZA SNYDER & LAUREN CLUM



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This book is dedicated to people committed to making healthy choices!

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INTRODUCTION

The Importance of Water

“Water doesn’t taste good.”

“Water’s just so boring!”

“I need more flavor with my drinks!”

Everyone KNOWS that drinking water is healthy and necessary, yet many give these excuses as to why they do not drink enough of it. The recipes in this book ensure that water is tasty, flavorful, and most certainly not boring. From simple one- and two-ingredient infusions to fancy sparkling infusions fit for entertaining, these recipes provide countless ways to boost health with antioxidants and lots of water.

BUILDING BLOCK OF THE HUMAN BODY

Leonardo da Vinci once said that “water is the driving force in nature.” Just as water is the driving force in nature, it is a foundational building block of the human body and is one of the most important necessities for physical and mental health.

Nearly 70 percent of the human body is composed of water. The brain, bones, organs, and cells require water for the transmission of vital nutrients. As it nourishes our bodies, water aids in digestion, circulates electrolytes and minerals, and assists in detoxification processes. As such, consuming sufficient water on a daily basis is absolutely crucial!

As much as 75 percent of people in this country do not drink enough water and are chronically dehydrated. Dehydration contributes to inflammation in tissues and membranes, and negatively impacts many systems of the body. Skin suffers, leading to premature aging, wrinkles, and discoloration. Digestion suffers, leading to malabsorption and constipation. Brain health suffers, leading to decreased focus and concentration. The muscular system suffers, leading to fatigue, tension, and joint pain. In fact, chronic dehydration can be a major contributing factor to many illnesses, causing headaches, digestive problems, and obesity.

The brain’s primary constituent is also water. Adequate hydration is necessary for propagation of chemical messages between the brain and tissues of the body by way of neuronal activity. Several research articles archived in the National Institutes of Health’s US National Library of Medicine support that adequate hydration increases concentration, focus, and productivity. As a result, many schools and offices have water readily available for their students and employees.

MAINTAINING HEALTHY WEIGHT

Appropriate water intake helps people maintain a healthy weight and assists with weight loss. People who drink eight or more glasses of water a day eat 200 fewer calories per day than people who drink less. Thirst is often mistaken for hunger, causing people to eat more rather than hydrate more. Drinking water before eating helps not only with hydration, but with overeating, as when thirst is quenched, less food is needed to satiate appetites. Generally, people who drink more water lose more weight and maintain healthier weights than those that drink less water. A study by the American Chemical Society demonstrated that drinking water significantly elevates the resting energy expenditure (REE) in children and adults by up to 25 percent, meaning that more calories are burned at rest in those who drink more water, versus those who drink less. If weight loss is a goal, more water is better!

DAILY WATER RULES

Most people know that drinking lots of water is a healthy habit. However, understanding this concept is different from incorporating it into daily routines! Follow these water rules to increase water intake on a daily basis:

- Drink a large glass of water before every single meal. This helps maintain hydration levels, as water intake as decreases how much food is eaten during the meal.
- Drink a glass of water within fifteen minutes of waking up in the morning. Put a large glass of water on the nightstand each night and drink it first thing in the morning. Add fresh lemon or lemon [essential oil](#) (page 24) to it to encourage detoxification of tissues — see recipes for details!
- Have a pitcher of infused water in the refrigerator at all times. When tasty drinking water is readily available, it is much more likely to be consumed.
- Carry a water bottle at all times. Naturally, people are more likely to drink more water throughout the day if they have it with them! It's convenient to take a water bottle to work, school, the gym, or on the road, and this is an easy way to increase water intake.
- Before snacking, drink a glass of water and wait fifteen minutes. If hunger persists, then have a healthy snack. (An average of 200 calories a day will be spared from your waistline with this simple habit!)
- Swap coffee with tea. Decaffeinated herbal and green teas count as water intake, whereas black tea and coffee do not.
- Make water taste better with fruit, vegetable, and herb infusions. While at restaurants, squeeze lemon, lime, or orange wedges into water, or add essential oils. And at home, sample the numerous infusions found in the recipes section of this book ([page 39](#))!

CHAPTER 1

The Truth about Beverages

Not all drinks are created equal. Many people, even some in the scientific community, believe that chemically flavored water drinks, soft drinks, and energy drinks are acceptable sources of hydration. Although these drinks may have water in them, they do not truly hydrate the body. Even worse, they are filled with fake, and oftentimes toxic, ingredients. Many of these beverages contain preservative additives, processed and artificial sugars, dyes, and artificial flavors that are harmful to the body. For example, Coca-Cola has about ten teaspoons of sugar per 12-ounce can. A 12-ounce bottle of Gatorade has approximately five teaspoons of sugar, along with synthetic ingredients. Vitaminwater is no better, with five teaspoons of sugar per 12-ounce serving. Excessive consumption of sugar has a detrimental effect on health, causing insulin-resistance, diabetes, and weight gain, as well as inflammation that leads to many other degenerative health conditions.

Some use these unhealthy associations with sugar to justify the consumption of artificial sweeteners like those found in diet and zero-calorie beverages. However, artificial sweeteners are just as unhealthy, if not more so, than regular sugar! Artificial sweeteners also cause insulin-resistance, which can lead to diabetes and obesity. They have also been linked to neurological damage, negatively impacting brain health and function.

Aside from sugars, natural or artificial, there are many other ingredients in these types of beverages that are not particularly healthy. Preservatives, additives, dyes, and artificial flavors have all been associated with a host of mild to extreme health problems, from allergic reactions to carcinogenic status. Generally speaking, these types of ingredients should be avoided, particularly in beverages that are consumed daily.

BENEFITS OF INFUSIONS

Infused waters offer a healthy, delicious alternative to beverages currently found on the market. Combining fruits, vegetables, herbs, spices, and essential oils in water provides crucial hydration and help the body fight inflammation and carry vital nutrients to tissue cells. These types of ingredients contain an abundance of antioxidants, which help to fight free radicals produced by the body that lead to all sorts of health problems, including accelerated aging of cells and tissue. Antioxidants are particularly known for their anti-inflammatory properties.

FRUIT & VEGETABLES

Fruit is always the first thing people think of to use in water infusions because of the delicious flavor enhancement that it offers. Some fruit requires being cut into before adding to infusions, such as lemons and oranges, whereas others can be added whole, like strawberries and blueberries. Cutting up fruit ensures that the yummy, nutritious juices inside it seep into the water and also add to the beauty of the infusions. If you're using a single-serving infusion bottle, fruit can be cut up even more

conserve space.

Vegetables are important to include with infusions because of their power-packed nutrition. While fruit may taste better, veggies pack more nutrition per serving than fruit does. Slicing and dicing veggies is also recommended to make all that nutrition more easily accessible as the water contacts more surface area when making an infusion.

Consuming a diet rich in fruits and vegetables as part of an overall healthy eating plan may reduce the risk of heart attack, stroke, and other forms of heart disease, as well as protect against certain types of cancers. Their fiber also helps reduce the risk of heart disease, as well as the risks of obesity and type II diabetes. Most fruits and vegetables are naturally low in fat, sodium, and calories, and none of them contain cholesterol. Additionally they are sources of many essential nutrients, such as potassium, dietary fiber, vitamin C, and folate. Potassium helps to maintain healthy blood pressure and kidney function. Dietary fiber helps reduce blood cholesterol levels and may lower the risk of heart disease. Vitamin C is important for growing, maintaining, and repairing healthy tissues. Folate helps the body form red blood cells and is particularly important for women that are considering pregnancy and child-bearing.

HERBS & SPICES

Herbs, such as basil and mint, are from plants. Recipes will often call for the leaves of herbs, as with basil leaves or mint leaves, and some will request that the leaves are muddled, or smashed. Muddling the herb leaves breaks them up, freeing up the oils within the leaves to infuse into the water for more flavor and health benefit.

Spices, such as cinnamon and peppercorns, are also from plants, but are from the seeds, berries, bark, or roots of the plant, rather than the leaves. Recipes will often recommend putting spices in a tea bag or sachet so that their flavor and health benefit seeps into the infused water, but that you don't get a mouthful of crunchy spices with each sip!

Studies show that in addition to flavor, herbs and spices offer health benefits such as curbing inflammation because of their high antioxidant count. Tastier drinks are more satisfying than bland ones, and herbs and spices offer flavor boosts without additional calories, fat, sugar, or salt.

ESSENTIAL OILS

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They offer potent smell, flavor, and health benefits to water infusions with just one to two drops. Utilizing oils in the recipes gives a greater health boost to the infusions, as the oils are very concentrated. Using a drop or two of a quality essential oil provides the same medicinal benefit of large quantities of a given fruit or herb. For example, one drop of peppermint essential oil is equivalent to twenty-eight cups of peppermint tea!

Water infusions help create healthy habits for the whole family. Kids love helping to make the infusions, and it is fun to try the various combinations of fruits, veggies, herbs, and essential oils. The possibilities for combining ingredients are really endless, and kids can get very creative!

It is well known that increasing water intake is necessary for dropping excess weight, and fruit, veggie, and herb ingredients can boost that power. Many ingredients increase metabolic activity and promote detoxification in the body, which can assist with weight loss. Replacing other beverages with infused water decreases caloric intake, boosts ability to burn calories at rest, and increases energy levels.

Not only is hydration crucial to brain function, but many of the ingredients for infusions contribute to brain health, too. Powerful phytonutrients found in fruits, veggies, and herbs help to support tissue cells of the brain and body, promoting rejuvenation of body and mind. The powerful combination of ingredients assists in cleansing the detoxification pathways of the body, including the skin, liver, and kidneys. Skin will take on a more youthful appearance, as hydration and antioxidants contribute to slowing down discoloration and the formation of wrinkles.

Water infusions are time- and cost-effective, as well. Infusions can keep for up to three days in the refrigerator; ingredients are inexpensive and you will save money by not purchasing other kinds of costly beverages.

An easy and efficient way to incorporate infused water into daily routines is to use an infusion pitcher or bottle. They're inexpensive and easy to order online, and make creating tasty water infusions even easier! Infusion pitchers and bottles differ from their regular counterparts in that they have a colander-like container down the middle of them, perfectly designed for holding various fruits, veggies, and herbs. Containing ingredients allows for true infusion of the water — the flavors, essences, and nutrients of the ingredients seep into the water, and you don't need to worry about chunks of fruit hitting you in the face each time you take a sip!

Infusion pitchers and bottles make easy recipes even simpler and more convenient. The bottles are great for individual use at home or work, and the pitchers make preparation for weekend picnics and dinner parties a breeze. Depending on the design, a fair amount of fruit, vegetables, and herbs fit in the infusion sleeve, and it's not necessary to adjust the ingredients to refill. Just add more water! Most of the infusion pitchers and bottles are made from plastic that is free of bisphenol-A, or BPA, making it safe for water drinking. (BPA is a synthetic chemical compound that is sometimes used to make some plastics. It has been shown to exhibit hormone-like properties, which has made many people question the safety of consuming food or drinks that have been exposed to it.) Be sure to check the label of your infusion pitcher or bottle to ensure that it is made from plastic that is safe to drink from.

While infusion pitchers are nice for at-home use, infusion bottles are the perfect way to take infused water on the go! There are many inexpensive and attractive travel fruit infusers that are easy to take with you anywhere you go, and the yummy flavors you create will help encourage you to drink more water and not reach for a less healthy option. There are several brands of infusion bottles on the market; look for one that holds at least twenty ounces of water. With this size, more fruit, veggies, and herbs will fit into the internal sieve, and it won't be necessary to refill as often.

The recipes in this book have been designed for use with infusion pitchers that hold two liters of water. However, modifying recipes to fit your infuser is super easy. For example, when using an infusion bottle, use just a quarter of the amount of fruit, veggies, and/or herbs noted in the recipe, and fill with water.

CHAPTER 2

The Basics

Top spas around the world have understood and promoted the benefits of infused water for a long time, providing their guests with detoxifying, relaxing, rejuvenating water combinations. Some spas even employ the expertise of a Spa Water Chef, who creates unique water recipes that restore, replenish, and aid relaxation.

With the recipes in this book, think of yourself as your own Spa Water Chef! A trip to the spa is no longer necessary to enjoy the health benefits of nutrient-packed infused water. Making infusions at home allows for control and creativity with your use of ingredients. Water infusions can be simple with just one ingredient added to water, or complex, with multiple ingredients and steps yielding a flavorful beverage.

INFUSED ICE CUBES

Plain or infused water can be given a boost with infused ice cubes! These cutesy cubes add an adorable element to a party, a brunch, or just a sunny afternoon. These ice cube recipes can complement the infusion recipes or be added to plain still or sparkling water for aesthetics and antioxidant boost. Infused ice cubes are easy to make and can be stored in the freezer for future use.

The key to making really beautiful, clear ice cubes is to get rid of impurities in the water before pouring into the ice cube trays. First, use filtered water, such as from a Brita (or similar) filter, or from a filtration system connected to the sink. Second, boil the water. Then allow it to cool and boil again. Boiling the filtered water twice ensures the removal of as many impurities as possible. After pouring this water into ice cube trays and adding infusion ingredients, cover the tray with plastic wrap before freezing. This will ensure that nothing falls into the cubes while they're freezing. While the steps take a bit of time, the result is beautifully clear ice cubes that truly show off the infusion ingredients!

STILL WATER

Most of the water infusion recipes call for still water, or water without bubbles. Still water can come from the sink or tap, but its quality deserves attention. There are often safety concerns with tap water, and many people rely on bottled, spring, filtered, or distilled water to avoid pollutants or impurities.

Having a filtration system in place for tap water is a great way to ensure quality water for the infusion recipes and for drinking in general. Filtration systems can be simple and inexpensive, and can simply consist of a pitcher with a filter like Brita, ZeroWater, or PUR Water. Other filtration systems connect directly to the faucet, so that filtered water comes out. Companies such as Alhambra and Arrowhead sell clean, filtered water in five-gallon bottles that fit on a water cooler, as well as in smaller bottles that can be stored in the refrigerator. Bottom line: Have a source of clean water to ensure the best

outcomes for infusion recipes.

SPARKLING WATER

A handful of the recipes in this book call for sparkling water, or water with bubbles. Sparkling water is created by adding carbon dioxide (CO₂) gas to still water. As the gas dissolves in the water, it gives off little bubbles, which is what makes the water sparkle! The sparkling water recipes are especially great for parties and events, as it is a fun way to spruce up plain water.

The easiest way to come by sparkling water is to purchase it from the grocery store. While this is not the most cost-effective option, it is the most convenient. Try to find sparkling water stored in glass bottles, such as San Pellegrino, Perrier, or Gerolsteiner.

Sparkling water can also be made at home, which is more cost-effective than purchasing it. A soda siphon is needed to make it, which requires a metal bottle with a dispenser, a small CO₂ cartridge, and a trigger that injects the gas into the water. Using a soda siphon yields one to two liters of sparkling water, depending on the size of the bottle used. There are commercial options for soda siphons, such as Purefizz, Liss, or SodaStream, available at stores like Target or Bed Bath & Beyond, or online.

QUALITY INGREDIENTS

Quality ingredients make the best water infusions. Most recipes in this book call for fresh fruits, vegetables, or herbs; some call for dried ingredients, and a few call for flowers. It is specifically noted as to which types of ingredients will be best for each recipe.

Always look for organic ingredients when possible. One of the reasons that homemade infusions are so healthy is because they're not filled with preservatives, additives, or fake ingredients. However, much conventional produce is exposed to these types of ingredients during their growth and harvesting. Opting for organic ingredients helps to ensure the purity and quality of the ingredients used for infusions.

Reasonably priced organic produce can be found at farmers' markets, farm co-ops, and some grocery stores. Even Costco and other warehouse stores are now carrying organic produce. Buying what is in season will help keep the cost down, and several recipes have been designed specifically for use during certain times of the year. There are plenty of delicious options to enjoy water infusions all year long.

To prepare your ingredients, be sure to wash fruit, vegetables, and herbs thoroughly to remove dirt, grime, and other impurities from their surfaces. Many recipes call for whole fruits/veggies, or those with the rinds kept on, so it is really important that the ingredients are clean before they are added to the water. This is particularly important if using non-organic ingredients. It is not unusual for the outer surfaces of fresh produce to contain toxins, bacteria, and other contaminants that are not desirable in these water infusions. Also, removing bacteria and other microbes from fresh produce will keep infusions fresh for longer.

The water infusions described in this book are all designed to be made in two-quart pitchers, like the ones available in stores or online. Glass pitchers are preferred over plastic ones, as plastic can transfer unwanted impurities to the water it is holding. Recipes can be made with built-in compartments for ingredients, but that is not required for them. Once an infusion has been prepared, it can be stored in the refrigerator for two to three days. After that the produce will start to break down and muddy the water a bit. The produce inside will not actually go bad, but the water will not be as attractive and might not taste as good.

ESSENTIAL OILS

Most of the infusion recipes call for a combination of fruits, vegetables, herbs, spices, and occasionally an essential oil or two. Essential oils enhance water infusions with just a couple drops of oil, and just a single drop of oil can change the taste of an infusion dramatically!

However, not all essential oils are created equal, and most essential oils on the market are not safe for internal consumption! As such, we recommend being highly selective when choosing essential oils. Look for express indication on the bottle that the oil is safe to consume internally. There are two excellent essential oil companies that offer several oils that are safe to add to water infusions: dōTERRA and Young Living. Their offerings of the oils listed in our recipes are very safe to use internally. However, not all of their oils are designed to be used internally, so be sure to stick to what is listed in the recipes. We cannot stress enough the importance of verifying that an oil is safe to consume! Please read the labels of your oils before adding to your water infusion.

The essential oils from these two companies are carefully distilled or cold pressed from plants that have been harvested from around the world. Specific essential oils have been selected for the recipes in this book. While we encourage you to get creative with the ingredients for infusions, just stick with these essential oils. Below are general descriptions of the oils used in the various recipes and why we like them.

LEMON	Lemon adds a crisp freshness to recipes and is known to help detoxify the body.
LIME	Lime's stimulating and refreshing properties can affect mood and boost immune system function to fight seasonal bugs.
WILD ORANGE	Wild orange impacts mood in a positive way, in that it's uplifting, energizing, and revitalizing. It's great to use in the morning to help wake up and get moving, and smelling this in an infusion is just as powerful as tasting it!
GRAPEFRUIT	Like all the citrus oils, grapefruit is invigorating and uplifting. It also boosts fat-burning as it revs up metabolism.
PEPPERMINT	Peppermint is as potent aromatically as it is in the infusion! It's great for opening airways for improved breathing, as well as for calming an upset stomach and easing headache pain.
LAVENDER	Another potent aromatic, lavender is super calming and relaxing. Recipes with lavender are best suited when winding down for the evening, versus revving up in the morning.

INFUSION TOOLBOX

Most of the recipes in this book are very simple, designed with minimal effort in mind. However, having a few simple tools on hand will make preparation of the infusions faster and easier. Not a requirement for all of the infusions, these tools allow for creating delicious beverages without spending tons of time in the kitchen.

INFUSION PITCHERS & BOTTLES

As described earlier, the absolute easiest way to make these infusions is with a pitcher or bottle that has an infusion sieve inside it. The best combination is a glass pitcher with a stainless steel insert. If that isn't available, then look for BPA-free plastic containers and inserts.

PITCHERS & STIRRING RODS

If you're not using an infusion pitcher, then regular pitchers and stirring rods are musts! It is recommended to have two to three pitchers in the kitchen so that multiple or big batches of infusions can be made. Glass pitchers are preferred, as plastic can leach impurities into its contents, especially when used with essential oils. Also, glass pitchers will not alter the flavor of infusions as a plastic pitcher may.

Glass stirring rods are encouraged, as well, but are not required. A wooden spoon or spatula can work just as well for these recipes.

MUDDLER

A muddler is what master mixologists and bartenders use to mash ingredients for drinks. Breaking the skin of certain fruits, veggies, and herbs allows for their natural oils to come out, enhancing the smoky flavor, and health benefit of the infusions. Muddlers are simple to use: Place your ingredients on the bottom of a glass or bowl and mash them with the muddler. The mashed ingredients are then ready for use for completion of the recipe. Muddlers can be purchased at stores like Target or Bed Bath & Beyond, and makeshift muddlers can be made from common kitchen utensils like wooden spoons.

FINE-MESH STRAINER OR SIEVE

Strainers and sieves help to keep produce particles out of infusions. Pouring mixtures through a strainer or sieve produces a smooth, easy-to-drink beverage. Certain recipes will specifically call for the use of a strainer or sieve, but feel free to use one in the creation of any recipe.

TEA BALL OR SACHET

A tea ball or sachet comes in handy for a handful of recipes that call for the use of dried herbs and/or flowers. Dried ingredients tend to create lots of little particles, so containing them within a tea ball or sachet allows for infusion of the ingredients without inclusion of all the teeny, tiny bits in the final product. Tea balls are generally stainless steel and come in a variety of sizes. Sachets are very-fine mesh bags that tie to close. Either one is just fine for recipes that call for their use.

CITRUS JUICER

Sometimes the juice of a fruit is called for, as opposed to the whole or sliced fruit. For these recipes, a citrus juicer comes in very handy. Utilizing a juicer yields a greater amount of juice than simply juicing by hand and allows for collection of juice without pulp or seeds.

BLENDER

Blending certain ingredients allows for the incorporation of a wider variety of ingredients and increases the potency of the infusion. A high-powered blender is recommended for smoother blending. Running the blended mixture through a fine-mesh sieve will create an even smoother infusion. Blending ingredients also allows for easy absorption of healthy nutrients by the body.

COMMON INGREDIENTS & HEALING PROPERTIES

Flipping through the recipes, certain ingredients pop up time and time again for their potent health benefits or their compatibility with other ingredients. Below are the most commonly used ingredients and their health benefits. Consult this list as you experiment with making your own recipes, so that you can help achieve a certain health goal or find the perfect combination of flavors.

1. LEMON

While its tartness makes the lemon seem extra acidic, it's actually quite alkaline-forming in the body.

helping to balance pH of the blood. It's a major detoxifier, known to cleanse the liver, gallbladder, kidneys, and bowels. It contains high levels of vitamin C, a powerful antioxidant that helps prevent the formation of free radicals, thus delaying aging. Lemon has antibacterial properties and helps strengthen blood vessels, thereby helping to lower blood pressure.

DELICIOUS OPTIONS TO INFUSE WITH LEMON: apricots, berries, cherries, cardamom, ginger, nectarines, other citrus fruits, peaches, pears, plums.

2. BASIL

Its high concentration of carotenoids makes basil anti-inflammatory and helpful in protecting cells from free radical damage. Free radical damage can lead to atherosclerosis, asthma, arthritis, heart disease, and stroke, so foods such as basil that are high in carotenoids (and other antioxidants) help decrease the risks of these conditions. Basil is also high in magnesium, which is important for cardiovascular health. The oil found in basil leaves has very strong antibacterial properties, so adding basil essential oil to infusions offers even greater benefit than the leaves alone would.

DELICIOUS OPTIONS TO INFUSE WITH BASIL: apricots, berries, cinnamon, figs, lemon, peaches, pineapple, plums, thyme.

3. MINT

Simply smelling mint activates salivary glands that begin digestion, so it can be very helpful in relieving digestive disorders, particularly nausea and abdominal pain. It also helps with asthma, congestion, and cough by cooling and soothing the nose, throat, and respiratory channels. It can help relieve headaches, depression, and fatigue with its naturally stimulating properties, and has been shown to inhibit the release of histamines that contribute to hay fever and allergies.

DELICIOUS OPTIONS TO INFUSE WITH MINT: apples, berries, cherries, citrus fruits, dates, figs, melons, pears, stone fruits.

4. CUCUMBER

Full of antioxidants, cucumbers are naturally anti-inflammatory and contain many of the same lignans (unique plant polyphenols) that are found in cruciferous veggies such as broccoli and cabbage, and allium veggies such as onions and garlic. Systemic inflammation contributes to many chronic health conditions, such as heart disease, arthritis, autoimmune disorders, and cancer, so decreasing it is imperative for good health.

DELICIOUS OPTIONS TO INFUSE WITH CUCUMBER: berries, citrus fruits, melons, mint.

5. ORANGE

Delicious and nutritious, oranges are a good source of thiamin, folate, and potassium, and a very good source of dietary fiber and vitamin C. The vitamin C helps with maintenance and protection of healthy bones. Beta-carotene protects cells from damage; magnesium helps keep blood pressure in check; folic acid helps with proper brain development; and potassium helps maintain electrolyte balance,

well as a healthy cardiovascular system. Eating oranges has been shown to help reduce mucus, maintain dental health, and balance the ratio of low- and high-density cholesterol.

DELICIOUS OPTIONS TO INFUSE WITH ORANGE: basil, berries, cherries, cilantro, cinnamon, cranberries, figs, ginger, grapes, mint, other citrus fruits, nutmeg, persimmons, pineapple, vanilla.

6. BERRIES

In general, berries are potent antioxidants and are especially protective against esophageal and colorectal cancers. They tend to be high in vitamin C and can also contribute calcium, magnesium, folate, and potassium. Not only do they taste great, but the pretty colors of berries also contribute to their superfood status. Berries contain phytochemicals and flavonoids that have been shown to be protective against some forms of cancer. Cranberries and blueberries in particular are helpful in preventing bladder infections. Blueberries and raspberries also contain lutein, which is important for healthy vision. Common varieties include blueberries, raspberries, blackberries, strawberries, cranberries, and red and purple grapes.

DELICIOUS OPTIONS TO INFUSE WITH BERRIES: apples, basil, cardamom, citrus, figs, ginger, lavender, mangos, mint, other berries, peaches, plums, vanilla.

7. GINGER

This versatile herb root holds many a healing property! It is:

- antiviral, antifungal, and antitoxic, which helps it to prevent and treat the common cold
- anti-spastic, which allows it to relieve gas and bloating
- a natural antihistamine, which eases allergies
- anti-inflammatory, which decreases pain and eases nausea induced by seasickness, morning sickness, motion sickness, even that induced by chemotherapy.

Ginger eases coughs and scratchy throats by stimulating the secretion of mucus, which also helps protect against the development of ulcers. It has been proven to lower cholesterol and help prevent the formation of blood clots, which is key to healthy heart function.

DELICIOUS OPTIONS TO INFUSE WITH GINGER: apricots, apples, berries, citrus fruits, coconut, grapes, passion fruit, peaches, pears, pineapple, plums.

8. CINNAMON STICKS

Adding this warm and comforting spice to your life is an easy way to boost nutrition! Cinnamon is a good source of manganese, fiber, iron, and calcium. It has been shown to help lower LDL (bad) cholesterol, regulate blood sugar, reduce proliferation of leukemia and lymphoma cells, and reduce pain. It has an anti-clotting effect on blood, inhibits bacterial growth and food spoilage, and fights E. coli. It has been shown to increase sex drive over time and in women, reduce urinary tract infections.

Smelling cinnamon boosts cognitive function and memory. And it's delicious!

DELICIOUS OPTIONS TO INFUSE WITH CINNAMON STICKS: apples, citrus fruits, berries, peaches, nectarines.

9. PINEAPPLE

High in vitamin C, pineapple offers great antioxidant value. It helps fight systemic inflammation which increases blood flow by decreasing blood coagulation, and boosts immune system function to fight colds and other illnesses. It is also high in manganese and thiamin (vitamin B1), both of which support energy production on the cellular level.

DELICIOUS OPTIONS TO INFUSE WITH PINEAPPLE: basil, cilantro, coconut, mango, papayas.

10. LIME

Like many citrus fruits, limes are full of vitamin C, antioxidants, and flavonoids. These health constituents combine to help promote eye health and decrease risk of macular degeneration, boost immune system function to fight colds and fever, promote healthy, clear skin, aid in digestion, and decrease constipation and certain types of arthritis by reducing buildup of uric acid.

DELICIOUS OPTIONS TO INFUSE WITH LIME: apples, berries, cherries, ginger, other citrus fruits, papayas, plums, strawberries.

11. APPLE

Does an apple a day really keep the doctor away? It appears so, with all of the amazing health benefits that this tasty fruit packs! A good source of dietary fiber and vitamin C, apples also contain antioxidant flavonoids, which have been shown to help prevent and treat a variety of conditions. One flavonoid, phloridzin, is found only in apples, and may increase bone density and help prevent osteoporosis in post-menopausal women. Apples also contain boron, which helps strengthen bones. Quercetin, another flavonoid, has been shown to protect brain cells from the free radical damage that leads to Alzheimer's. The pectin in apples is thought to lower bad (LDL) cholesterol and help with diabetes management. The flavonoids and other properties found in apples have been shown to be instrumental in the prevention of lung, breast, colon, and liver cancers.

DELICIOUS OPTIONS TO INFUSE WITH APPLES: cardamom, cinnamon, cranberries, currants, ginger, mangos, oranges, rosemary.

12. GRAPE

Crisp and crunchy grapes pack a lot of punch with their vast array of antioxidants, vitamins, and minerals. In addition to containing vitamins A and C, grapes boast vitamin B6 (known to help people with morning sickness, Parkinson's disease, heart disease, and autism) and folate (most notable for its role in helping/preventing heart disease, stroke, and cancer, but also known for helping with obesity, depression, schizophrenia, rheumatoid arthritis, fertility, kidney disease, macular degeneration, bone

health, and menopause). Grapes also contain the essential minerals potassium, calcium, iron, phosphorus, magnesium, and selenium. This rockin' combination of vitamins and minerals work together to help grapes improve and/or prevent the following: asthma, heart disease, migraines, constipation, indigestion, fatigue, kidney disorders, Alzheimer's, breast cancer, macular degeneration, cataracts, cholesterol, and bacterial and viral infections.

DELICIOUS OPTIONS TO INFUSE WITH GRAPES: citrus fruits, ginger, raisins.

13. POMEGRANATE

This beautiful fruit and its juice are full of antioxidant flavonoids that counteract cancer-causing free radicals and help support normal blood flow to the heart, helping to avoid heart disease and stroke. Pomegranate is a good source of vitamins A, C, and E, and the mineral folate. It helps maintain clear, youthful skin by keeping blood platelets together. The combination of antioxidants, vitamins, and minerals makes pomegranate a prime candidate to assist in preventing many types of cancer and heart disease, as well as helping with numerous chronic and degenerative conditions.

DELICIOUS OPTIONS TO INFUSE WITH POMEGRANATE: apples, citrus fruits, cucumber, mint, tropical fruits.

14. KIWI

The many flavonoids, vitamins, and minerals of kiwis make them an excellent source of antioxidants and overall nutrition. Kiwis have been shown to be particularly helpful with respiratory problems in children, notably decreasing symptoms of asthma, shortness of breath, nighttime coughing, wheezing, chronic coughing, and runny nose. It's important to note that these results are not traceable to just the content of vitamin C or potassium, but to substances which are still largely unknown, but are contained within kiwi fruit. (Once again, whole foods are greater than the sum of their parts!) The combination of nutrition in kiwis helps protect DNA from mutations, and their high fiber content helps prevent colon cancer.

DELICIOUS OPTIONS TO INFUSE WITH KIWI: apples, berries, cherries, citrus fruits, coconut, mangos.

15. PEACH

Peaches are full of antioxidants, including vitamins A and C. Vitamin A helps improve eye health by decreasing risk of macular degeneration, and vitamin C helps improve skin texture and health. As such, peach is often a key ingredient in skin moisturizers. Peaches, and other stone fruit, have also been shown to decrease the effects of diabetes, metabolic syndrome, and cardiovascular disease.

DELICIOUS OPTIONS TO INFUSE WITH PEACH: berries, cinnamon, citrus, ginger, other stone fruits, vanilla.

16. BLUEBERRY

One of the highest concentrations of antioxidants are found in blueberries, specifically compounds

that improve the health of the tissues that make up the brain and nervous system. Blueberries help lower blood pressure and decrease the oxidation of cholesterol, which is what leads to clogging arteries and blood vessels. They also help regulate blood sugar, as well as improve cognitive function.

DELICIOUS OPTIONS TO INFUSE WITH BLUEBERRY: berries, cardamom, figs, ginger, lavender, lemons, mangos.

17. GRAPEFRUIT

High in vitamin C, grapefruit is a major immune system booster. It's a cold fighter, helping to prevent and decrease the symptoms of colds when they come on. Since vitamin C is an antioxidant, grapefruit helps prevent the formation of free radicals, which assists in stopping the cascade that leads to inflammation. Grapefruit is a great liver detoxifier, helping the body excrete toxic compounds. It also boosts metabolic activity, assisting in fat burning.

DELICIOUS OPTIONS TO INFUSE WITH GRAPEFRUIT: basil, citrus fruits, mint, rosemary, thyme, vanilla.

18. ROSEMARY

This hearty herb contains compounds that most notably stimulate and protect brain functions. It has been shown to improve memory, focus, and concentration by increasing blood flow to the head and brain. It also fights free radical formation and damage, and helps to delay premature aging of the brain. It also supports immune system function and improves digestion.

DELICIOUS OPTIONS TO INFUSE WITH ROSEMARY: apples, apricots, citrus fruits, currants, grapes, pears.

19. LAVENDER

Relaxing lavender is most noted for its tension-relieving and sleep-promoting properties. It also helps many systems of the body. It is a natural bug repellent, helps heal acne, eases muscle tension and soreness, stimulates urine flow and increases or promotes respiratory function. It promotes the production of gastric juices, which can aid in digestion, and has antibacterial properties that enhance immune system function.

DELICIOUS OPTIONS TO INFUSE WITH LAVENDER: blueberries, blackberries, lemons, peaches, raspberries.

20. MELON

All melons are high in vitamins A and C, and potassium. As such, they decrease systemic inflammation, which helps every system of the body. They also help boost immune system function, fight colds and circulatory function to lower blood pressure.

DELICIOUS OPTIONS TO INFUSE WITH MELON: berries, citrus fruits, cucumber, lemongrass, lemons, mint.

CHAPTER 3

Recipes

The recipes in this book vary from very simple to complex. We'll begin with simple fruit infusions, advancing to vegetable, herb, and mixed-flavor combinations. Some recipes list specific health benefits with their consumption, while others are designed for enjoyment during specific times of the year. The final section includes recipes for specific health goals, such as post-workout, stress-relieving, and circulation-improving combinations. Use them as a guideline, but feel free to substitute ingredients or add your own twist.

Our goal with the recipes is to combine flavors to produce delicious and, more often than not, naturally sweet beverages. If you feel that you absolutely have to sweeten an infusion, then you may use a tiny amount of stevia (liquid or granular). It is the most accepted, least harmful sugar substitute. A teeny amount of honey or maple syrup would also be acceptable. (Do not, under any circumstances, add any other sugar or artificial sweetener! You will be doing yourself a huge disservice.)

FRUIT & VEGGIE INFUSIONS

Infusion recipes can be as basic as adding one type of fruit to water. As such, our recipes start out simple and become more complex throughout the book. Keep in mind that fruit ingredients are pretty easy to swap. For example, if you're not a fan of lemon, feel free to use lime, orange, or grapefruit instead.

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