



Pacific Coast Naturopathic Health
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Dr. Helene's Fruit Infused Water recipes

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Is it hunger or dehydration?

One indicator of dehydration may be constant hunger. People just think that when they start to get a little weak or they have a headache, they need to eat something, but most often they need to drink water.

Water is necessary for the body to digest and absorb vitamins and nutrients. It's also key to proper digestion, it detoxifies the liver and kidneys, and carries waste away. Good hydration is crucial to staying healthy and feeling your best. A general rule of thumb for how much water to drink, is half your weight in ounces.

Example: A 150 lb person should drink 75 ounces of water a day.

Not everyone enjoys the taste of plain water, and even those of us who don't mind it would welcome a change once in a while to something with flavor.

Try making different infused waters at home, its easy!

Plant Infused Water Recipes

What you need:

You can literally use almost any kind of fruit, herbs or vegetable that you enjoy to flavor your water. We take our favorite fruit, cut it into pieces or slices, add it to a pitcher of water and let it set in the refrigerator for 2-12 hours. Try to use fresh, organic fruits, vegetables and herbs whenever possible.

My favorites:

- Citrus (lemon, lime, grapefruit, orange)
I like to mix up a few slices of each.
- Fresh Berries, any type
- Fresh fruits like kiwi, melon, mango, peach, pear, cranberry, pineapple, pomegranate
- Fresh vegetables and herbs:
cucumber, ginger, mint, rosemary, etc.

Here are some Basic Rules and Tips:

- It's best to only keep the fruit in the water for approximately 24 hours (That's my personal preference). Any more than that and some fruits can begin to go bad.
- Use glass jars, pitchers, or just about any glass container.
- Always refrigerate the water and fruit.
- Refrigerate minimally for 2 hours before drinking, and some fruits require several hours before you begin to taste the infused flavors.
- It is always best to use pure, filtered water.
- ALWAYS wash the fruit and vegetables thoroughly before adding to the water

Refreshing Lemon Infused Water (can substitute orange, grapefruit)

- 2 quarts pure filtered water
- 1 lemon, thinly sliced with seeds removed (You can add ice if you wish)
- Let it sit in the refrigerator for at least 1 hour before drinking

Berry Water (fresh blueberries, strawberries, raspberries, or a mixture)

- 2 quarts pure filtered water
- 1 to 2 cups berries * if using strawberries, slice them first (You can add ice if you wish)
- Let it sit in the refrigerator for at least 1 hour before drinking

Melon Water

- 2 quarts pure filtered water
- 1 to 2 cups melon cubes -remove seeds (watermelon, honey dew, cantaloupe) * if using strawberries, slice them first (You can add ice if you wish)
- Let it sit in the refrigerator for at least 1 hour before drinking

Cucumber Water

- 2 quarts pure filtered water
- $\frac{3}{4}$ to 1 cucumber, sliced * if using strawberries, slice them first (You can add ice if you wish)
- Let it sit in the refrigerator for at least 1 hour before drinking

Try different fruit, veggie and herb combinations, and enjoy!

