



Sparkle Water Infusions

You are such a bright light. I see you rocking your #sparkle and changing the world... Keep going. The world needs you. Your family needs you. YOU need you!

Drinking water is one of the most magical ways you can wave your own wand and nourish yourself for life. It's the fastest and easiest way to decrease stress, inflammation and emotional eating, and increase energy, clarity and happiness.

Yes, it can be that simple. It's like magic. Zippity Zappity Zoo!

Looking for a way to glitter it up your water? You can stir in lots of delicious flavors yummy and healing fruits and herbs.

Strawberry Basil Lime

Strawberries are full of cancer-fighting antioxidants. Basil is great for cleansing and detoxing. It's anti-bacterial, anti-inflammatory and aides in weight loss. Lime is great for digestion, cools and alkalizes your system and balances your blood sugars.

2-Quart Pitcher Recipe:

- ½ quart fresh or frozen organic strawberries (sliced or whole)
- 4–6 full sprigs of basil (muddle in your hands to open up the flavors and oils)
- Juice 1–2 limes

Lemon Cucumber Mint

Lemon cleanses the liver, aids in digestion, boosts energy and mood and helps shed pounds. Cucumbers support digestion, help to hydrate, decrease inflammation and boost your immune system. Mint helps settle an upset stomach, fights fatigue and depression and relieves headaches

30 Ounce Water Bottle Recipe:

- 6–8 cucumber slices (buy organic, leave the skin on)
- 3–4 lemon wedges
- 1–2 full mint sprigs (muddled to open up the flavors and oils)

The Alchemy of Infused Water

Take a deep breath.

Tune into what you are craving.

Choose one fruit (extra sparkle dust points if it's seasonal).

Choose one herb (extra sparkle dust points if you have it growing on your window sill or picked it up from the local farmer's market).

Choose either lemon or lime.

Chop and add the ingredients to your favorite water bottle, mason jar, or 2 quart pitcher, and stir with love.

Top with water and allow the sparkle to infuse over a few hours or overnight for optimal flavor and magic.

Nourish Yourself & Get Your Sparkle On!

Want to learn more? Don't forget to watch my appearance and [demo on WCSH 6 TV here.](#)

Heidi Symonds – The Healthy Godmother

NourishYourselfForLife.com

