

Re-think what your drink: Benefits of Fruit Infused Water



Staying well hydrated boosts energy, makes it easier to lose weight and helps remove toxins from your body. Despite the many benefits of proper hydration, most of us don't drink enough water. When we do attempt to stay hydrated, there is a growing trend to substitute bottled water for tap water or to choose sugary soft drinks or other over the counter choices.

Tap water is considered to be boring and tasteless. The bottled water companies have been incredibly successful in convincing us that bottled water is a better choice than tap water. However, when we compare the two, tap water has some distinct advantages over bottled water and other drinks.

Tap vs. Bottled Water: Safety

The first issue in comparing the two options is safety. Although both options are basically safe, tap water is more regulated than bottled water. When contamination occurs in tap water it is corrected much more quickly than bottled water. Of interest, bottled water can contain up to 25% tap water without further processing.

There is one concern about bottled water that everyone should take seriously. When plastic water bottles are exposed to prolonged heat (as might be the case when it is stored in the trunk of your car), toxins from the plastic bottles can "leach out" of the plastic and into the water.

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Tap vs. Bottled: Cost

Tap water is basically free. Bottled water seems to be inexpensive, but in reality a gallon of bottled water costs about the same as a gallon of gasoline. Switching from bottled water to tap water has the potential to save a family of four hundreds, if not thousands, of dollars a year.

Tap vs. Other Alternatives: (Soft drinks, diet drinks and energy drinks)

This is a no brainer. Sugary soft drinks are simply bad for your health as has been discussed in previous articles. Diet soft drinks are a better choice than their sugary cousins, but are still a costly alternative to tap water. Who knows what toxins have been added to make diet drinks tastier to the consumer and to prolong their shelf life.

Even worse are energy drinks (Red Bull, Monster, Rockstar etc). They are full of sugar, caffeine and other toxic additives. There are now multiple medical reports of these drinks causing irregular heartbeat, high blood pressure, heart attacks and strokes. A better choice would be to make your own energy drink as described in the next section.

A better choice: Fruit infused water:



Individuals who find tap water tasteless or boring should consider fruit infused water as a wonderful alternative to bottled water or other purchased drinks. The concept is simple. Fresh fruit is placed in a pitcher of tap water and given time for the flavor of the fruit (also vegetables and herbs) to “infuse” into the water. The result is an inexpensive and tastier alternative to bottled water. Store it in the refrigerator, take it in your car, and keep a bottle at work. Make it simple and convenient. Get creative and find the combination that works for you. My favorite is a combination of lemon, mint and berries, but there are thousands of other tasty combinations.

Tips on how to do it:



- Make it in large enough quantities to last for several days (one half to one gallon).
- Fill a pitcher with tap water:
 - Add fruit: melons, berries, apples, pineapple, etc.
 - Add herbs: mint, basil, rosemary, star anise, ginger root, etc.
 - Add sliced vegetables: cucumber a favorite
 - Also, consider making your own energy drink with coffee or tea

- Don't forget the option of Chia Fresca (see previous "Ask the Doctor": Chia Fresca: "The Perfect Drink")
- Let it sit at room temperature for 2-3 hours and then refrigerate.
- Should be good for 3-5 days.
- Remove fruit after 24 hours (save for smoothie).
- Note: Citrus can add a bitter taste if left in water for more than four hours; either remove citrus at 4 hours or peel before adding.
- For extra taste: add sparkling water.
- If want an energy drink, make your own using coffee or tea as a source of caffeine. Iced coffee and iced tea are two convenient choices.
- If you live in an area where your tap water has an unpleasant taste, consider adding a filter or other type of purifier and drink ice cold.

Summary:

- Staying well hydrated improves health: How do you know if you are drinking enough? Check your urine: if it is clear or only slightly yellow, you are well hydrated.
- Fruit infused water is an excellent alternative to bottled water.
- Next "Ask the Doctor" will deal with choices to make fruit infused water more convenient to take with you when you travel and at work.

Final thought:

- **One more reason to stop drinking bottled water: (see Pictures 5 and 6). Next issue of "Ask the Doctor" will elaborate on "Plastic water bottles and the environment. See pictures next page.**



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One more good reason to avoid bottled water.

The end

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