

Water Two Ways: Cucumber Lavender Water & Watermelon Mint Water

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Last time, I shared the [single most important thing you can do to improve your energy and your health](#), both today and long term: drink more water!

One of the things that gets in the way of drinking enough water for many of my patients is feeling like it's 'boring' and I can totally understand that!

When you drink it all day long, every day, it sure can make you healthier, but it can also leave you wanting something special every now and then.

That's when many people turn to wine, cocktails, or soda, which as you know, are all very acid-forming in the body.

So instead, I've got a better idea. Create your own delicious water 'cocktails'. What could be more special than adding exotic ingredients to your water and staying alkaline in the process?

Today, I've got two recipes for you. Both are super easy to prepare and turn up the dial from your standard slice of lemon in your water, which is great for you too, by the way.

First is Cucumber Lavender Water.

Now that's some serious spa water!

It smells good, it tastes good, and of course, it's good for you.

You can find dried culinary-grade lavender at Whole Foods and other health food and specialty food stores.

Next is Watermelon Mint Water.

If you've never tried the flavors of watermelon and mint together, it's one of my favorite combinations.

Not too sweet and plenty herbaceous, I think you're really going to love it.



Cucumber Lavender Water

Serves 2

INGREDIENTS

8 cups filtered water
1 teaspoon dried lavender
1 small cucumber, thinly sliced

DIRECTIONS

Combine all ingredients in a pitcher and refrigerate for up to 12 hours to allow water to infuse.

Watermelon Mint Infused Water

Serves 2

INGREDIENTS

8 cups filtered water
2 cups watermelon, cubed
3 sprigs of mint

DIRECTIONS

Combine all ingredients in a pitcher and refrigerate for up to 12 hours to allow water to infuse.

Let us know your favorite water combinations in the comments.

Both of these recipes come from the [GET OFF YOUR ACID 7-Day Cleanse recipe book](#). If you want tons of healthy ideas, shopping lists, tips and more recipes, get yours today!

New Year ... New You!



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