

Mint Water:

Take a few sprigs of spearmint and add it to a pitcher of ice water. It adds a light, cooling flavor. If you want it stronger, try making a sun-tea with mint as well.

Cucumber Water:

A client just told me about this the other day. So I looked it up on the internet. Add a few slices of cucumber to a pitcher of cold water. Also good with a few lemon slices.

Coconut Water:

Coconut water is sold at Whole Foods and at local health food stores and asian markets. It is usually imported and can be found raw or pasteurized. It has been used as a rehydration source for millenia by indiginous cultures. It is the closest natural substance to our own body's liquid composition, the blood. You can also buy the young coconuts to crack, then use the tender flesh in cooking. **DELICIOUS AND TASTY STUFF!**