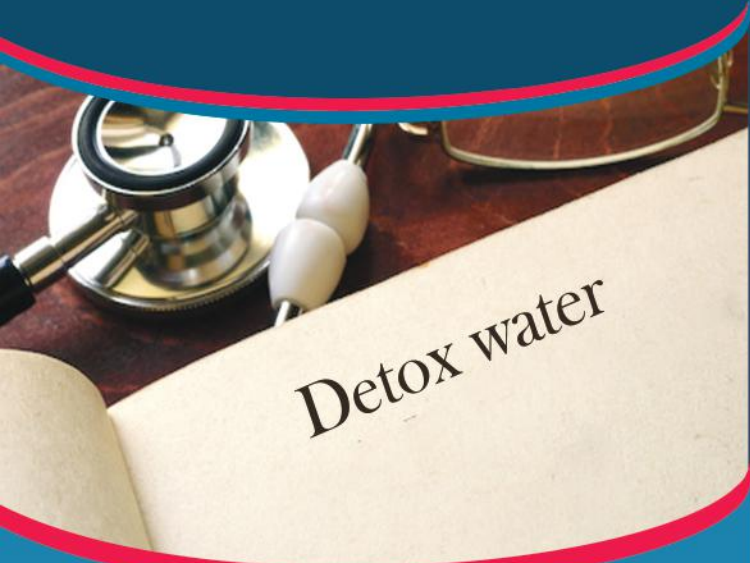




# Detox water



## ► Real Health Benefits

Below is a detailed look at the science behind detox water's health claims. A few are valid, even if they are a little exaggerated in some instances.

## ► Helps With Weight Loss

Drinking water may help you lose weight, and this applies to detox water too. Water has been shown to temporarily raise your metabolic rate, so you burn more calories.

Studies have shown that drinking 17 oz (half a liter) of water can increase your metabolic rate by up to 30% for about an hour.

People who drink the recommended amount of water as part of a weight loss program tend to lose more weight than those who don't.

One study found that overweight adults who drank 17 oz (half a liter) of water before their meals lost 40% more weight than those who didn't.

This can be partially explained by a rise in metabolism, but may also be due to the effect water has on your appetite. Drinking water has been linked to reduced hunger, so if you drink water before a meal, you may eat less.



## ► Improves Digestive Health

Hydration is important for digestive health and maintaining regular bowel movements. Chronic dehydration can cause constipation, which can make you feel bloated and sluggish.

Drinking plenty of water may help food pass smoothly through your gut and prevent you from becoming constipated.

## ► Boosts Immune Function

This is one claim about detox water that may be a little exaggerated.

Eating fruits and vegetables and even fruit juices can indeed help support your immune system. In particular, vitamin C has been shown to benefit your immune system when consumed regularly.





Detox water



### Health Claims About Detox Water

Detox water is said to have many health benefits, including:

#### ▶ What Is Detox Water? ◀

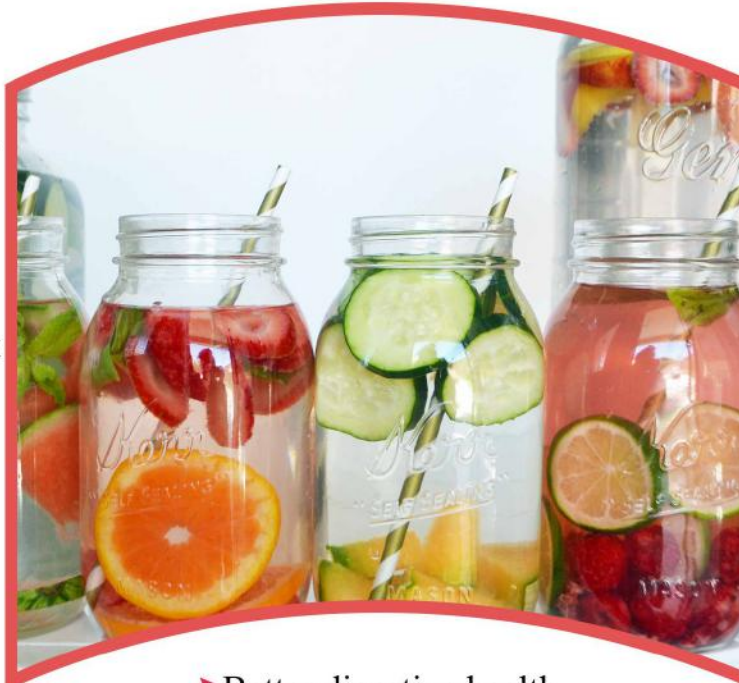
Detox water is water that has been infused with the flavors of fresh fruits, vegetables, or herbs. It's sometimes referred to as fruit-infused water or fruit-flavored water.

You can make detox water at home in lots of different ways, using any combination of fruits, vegetables, and herbs that you like.

Because it's made by infusing flavor, rather than juicing or blending, detox water contains very few calories. That makes it a popular drink for detox regimens like the "lemon detox" or "master cleanse."

Detox water is also often recommended in weight loss plans, especially in place of high-sugar drinks like sugary soda and fruit juice.

- ▶ Weight loss.
- ▶ Toxin removal or detox.
- ▶ Balancing the pH of the body.
- ▶ Better digestive health.



- ▶ Increasing energy levels.
  - ▶ Improving complexion.
- The exact properties of detox water will vary depending on the ingredients you use and the strength of the infusion.
- However, many of the health claims for detox water can be attributed to the water itself, rather than the ingredients it's flavored with. That's because you don't get that many nutrients from the ingredients in detox water, especially not compared to eating them in their whole form

- ▶ Better digestive health.
- ▶ Boosting immune function.
- ▶ Improving mood.