

# *Detox water Recipes*

to take daily for  
Immunity strength and  
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twenty two refreshing recipes shared by award winning spas from around the world Creating healthy delicious vitamin infused water is simple inexpensive and eco friendly Author Pam Wenzel was inspired to write Spa Water recognizing that we live in a more health conscious society where people have become increasingly aware of the many benefits associated with proper hydration A seventeen year breast cancer survivor Pam discovered a number of correlations between dehydration and health while doing research for the book She found dehydration could be a major contributing factor not only to a higher cancer risk but for digestive problems back and joint pain obesity overall poor health and disease This collection of mouth watering and healthful recipes is designed to refresh body and soul

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