



New Information On How To Use Fruit Infused Water Bottle Released

January 28, 2016

January 28, 2016 - PRESSADVANTAGE -

Water-Licious, a business in Danville, CA, has recently released new information on how to properly use a fruit infused water bottle. They cite research that demonstrates the various health benefits of drinking more water and the fact that it is easier to increase water consumption by infusing it with fruit. The water bottle that the company markets is also designed for good health, being completely free of BPA and other potentially harmful chemicals.

Heidi Fraser from Water-Licious says: "I really want to encourage people to click here to see how to use our water bottle. It isn't difficult, but it is always good to have some useful hints and tips. Plus, it can be a great inspiration for people to come up with new infusion recipes to make themselves."

It is no secret that people should drink more water. While the official recommendation is that people drink 8 glasses per day, those who live in warmer climates should drink more to compensate for the water that they lose through perspiration. One of the reasons why it is so important to drink water, according to scientists, is because it helps the body flush out toxins.

"Water truly is an amazing substance and it is no surprise that it is the building block of life," says Dr. Ramira Morales. "Our bodies are made up of 75% water, in fact, as is our planet. Yet we forget to consume it. When we drink water, our body is able to remove the various pollutants and toxins we accumulate during the day. An added benefit to this is that it also supports weight loss, as it helps to cleanse the digestive system. What more do you want?"

People are asked to join the Water-Licious' Facebook page as well. This is an opportunity for them to be kept up to date with product developments, and also with news from the health sector on fruit infused water. "We hope people like our Facebook page and get involved in these important conversations," adds Heidi Fraser. "If we can play just the smallest role in improving the health of people, we feel that our mission will be accomplished."

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For more information about Water-Licious, contact the company here: [Water-LiciousHeidi Fraser831-480-5116info@water-licious.com1730 Commercial WaySanta Cruz, CA 95065](mailto:info@water-licious.com)

Water-Licious

We are a small family owned company that want to help people improve their health by giving them a healthy and delicious way to drink more water. We love the outdoors and are avid bicyclists.

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