

Infused Water Recipes

1. The "Digestive Advance" (Lemon & Ginger)

Perfect for preparing your stomach before your two-hour meal window.

- Ingredients: 1/2 sliced lemon, 1 inch of fresh ginger root (peeled and sliced).
- Instructions: Add to a half-gallon pitcher of water and let sit for at least 2 hours (or overnight in the fridge).
- Health Benefits:
 - Digestive Aid: Ginger is world-renowned for soothing the stomach and aiding digestion, which is helpful when moving from a long fast to a large meal.
 - Immune Support: Lemons provide a boost of Vitamin C and help alkalize the body.
 - Metabolism: Ginger has a thermogenic effect that can help keep your metabolism active during the day.

2. The "Pure Momentum" (Cucumber & Mint)

Focuses on hydration and mental clarity during the "Press."

- Ingredients: 1/2 sliced cucumber, 5–8 fresh mint leaves (slap them between your hands first to release the oils).
- Instructions: Steep in cold water for 1–4 hours.
- Health Benefits:
 - Ultimate Hydration: Cucumbers are 95% water and contain silica, which is great for skin health and hydration at a cellular level.
 - Mental Focus: The scent and taste of mint are linked to increased alertness and reduced frustration—essential for staying focused on your scripture goals.
 - Anti-Inflammatory: Both ingredients help reduce bloating and internal inflammation.

3. The "Visionary Berry" (Strawberry & Basil)

A refreshing way to get antioxidants without the sugar of a full juice.

- Ingredients: 4–5 sliced strawberries, 3–4 fresh basil leaves.
- Instructions: Lightly mash (muddle) the strawberries at the bottom of your

container before adding water to release more flavor.

- Health Benefits:
 - Antioxidant Power: Strawberries are rich in polyphenols which protect the heart and fight oxidative stress.
 - Stress Reduction: Basil contains "adaptogens," which are natural substances that help the body adapt to stress and promote mental balance.
 - Curbing Cravings: The subtle natural sweetness of the strawberry can help satisfy the "no sweets" restriction.

4. The "Renewed Strength" (Orange & Rosemary)

High Vitamin C to keep your energy up during the 41 days.

- Ingredients: 1/2 sliced orange (keep the rind on for more nutrients), 1 sprig of fresh rosemary.
- Instructions: Let steep for at least 4 hours.
- Health Benefits:
 - Circulation Boost: Rosemary is traditionally used to help improve blood circulation to the brain, which can help with the "brain fog" sometimes felt during a fast.
 - Vibrant Energy: The citrus oils from the orange peel are naturally uplifting and can provide a non-caffeinated energy boost.
 - Immune Defense: High levels of Vitamin C protect your system while your body is detoxing.

5. Lemon & Mint — Clarity and Refreshing

Ingredients:

- 1 lemon, sliced
- 6–8 fresh mint leaves
- 1 quart water

Benefits: Supports digestion, refreshes the body, promotes mental clarity.

6. Cucumber & Lime — Hydration and Renewal

Ingredients:

- ½ cucumber, sliced
- 1 lime, sliced
- 1 quart water

Benefits: Excellent hydration, reduces bloating, cooling and cleansing.

7. Orange & Blueberry — Gentle Energy

Ingredients:

- 1 orange, sliced
- ¼ cup blueberries
- 1 quart water

Benefits: Antioxidants, mild natural sweetness without added sugar.

8. Apple & Cinnamon — Comfort and Warmth

Ingredients:

- ½ apple, thinly sliced
- 1 cinnamon stick
- 1 quart water

Benefits: Helps stabilize appetite, comforting during fasting.

9. Watermelon & Mint — Refresh and Restore

Ingredients:

- 1 cup watermelon cubes
- 4–5 mint leaves
- 1 quart water

Benefits: High hydration, refreshing without heaviness.

10. Pineapple & Mint — Anti-Inflammatory Support

Ingredients:

- ½ cup fresh pineapple chunks
- 4–5 mint leaves
- 1 quart water

Benefits: Supports joints and digestion; naturally bright flavor.

General Health Benefits of Infused Water for Your Fast:

1. **Increased Water Intake:** Many people find plain water boring during a 41-day stretch. Adding flavor makes it easier to reach your daily hydration goals.
2. **Appetite Regulation:** Often, when we feel "hunger" during a fast, our bodies are actually thirsty. The flavors in infused water can help satisfy the sensory need for taste, making the 22-hour fasting window easier to manage.
3. **Natural Detoxification:** Water helps the kidneys and liver flush out toxins. Adding citrus or cucumber enhances this process, helping you feel "cleaner" as you advance through the consecration.
4. **Vitamin Absorption:** While you aren't eating bulk fiber, you are absorbing water-soluble vitamins (like Vitamin B and C) that leach out of the fruit.