



# POWER WATER

## E-GUIDE





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# POWER WATER



E-GUIDE



Aloha! Drinking water is an easy way to improve your health & appearance. By using my Detox Infusion Bottles, you get extra benefits from the nutrients released into the water from the fruit and vegetables.

It's great for the whole family! Plus it encourages you to drink more water because it's refreshing, tastes delicious and much more fun!

To your health!

XO Kiana Tom

Host of Kiana's Flex Appeal & Fit Mom TV



Shop all Detox Bottles: [shop.kiana.com](http://shop.kiana.com)



I love my Detox Infusion Bottles. It's a simple way to make POWER WATER improve your health with every sip! To use: Simply fill the cartridge with your favorite SLICED fruit or veggies & pop it in the freezer. When it's frozen, pop it in the water bottle & enjoy!

Try mixing a few of your favorite fruits for a powerful, healthy drink.

For example: Melon & grapes. Watermelon & mint. Coconut water & pineapple. Tip: I keep 3 in the freezer at all times :) Cheers!



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# LIMES

**Refreshing flavor that has numerous health benefits.**

Why it's good for you: Limes are loaded with Vitamin C to strengthen the immune system. Rich in potassium to prevent urinary track infections. Citric Acid in limes is an excellent fat burner which aids in weight loss.

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# Lemon

Lemon: Help to cleanse and alkalize the body, aides in digestion and boosts your immune system.



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Berries: Powerful flavonoids help keep your memory sharp & can prevent all types of disease such as Parkinson's. Berries are loaded with anti oxidants, to help fight inflammation that may accompany high blood pressure.

# Berries

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# Watermelon

Watermelon: Rich in electrolytes & water. Terrific source of vitamin A, C & B6 to boost immune system. Rich in anti oxidant flavonoids such as: lycopene to protect skin from UV rays & beta carotene which offer protection against various cancers.

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Oranges: high in vitamin C which help neutralize free radicals & strengthen the immune system. They are high in vitamin A which is required for maintaining healthy mucus membranes and skin and is essential for vision.

# Oranges

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# Melon



- Melon: Contain Vitamin A, essential for healthy vision. Source of potassium & electrolytes, helps control heart rate & blood pressure. Vitamin C & B Complex wards off illness & strengthens immune system.

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# Mint

Mint: Mint is refreshing and cool. It adds a touch of sweetness without adding sugar. It helps settle your stomach and aids in digestion.



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Try adding coconut water instead of plain water. Coconut water is low in carbs, high in potassium & contains natural electrolytes. It's a healthier alternative to sugary sports drinks. I love to add fresh pineapple slices in the cartridge for a little taste of Hawaii with an extra punch of Vitamin C.

# Coconut

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# Cucumber

Cucumber: Cucumber water is refreshing to sip. They contain anti-inflammatory properties and helps rehydrate the body.

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# Papaya

Papaya: contains powerful anti oxidants to improve eye health, reduce inflammation & prevent certain types of cancer. Loaded with Vitamin K for strong bones. Contains enzymes to aid in digestion.



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- Grapes: contain Resveratrol, a powerful antioxidant found to play a protective role against cancer, heart disease, Alzheimer's and viral infections. Rich in potassium, vitamin C, A, K & B Complex.

# Grapes



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**Mahalo!**

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