

Here's Today's Tip... Cucumber Water (5 reasons).

Flavoring water with fresh fruits/veggies and herbs is an easy and healthy alternative to drinking plain water.

Cucumber water is particularly beneficial. Here are 5 reasons why to keep this in your fridge.

1. It's good for your muscles: Cucumbers contain silica, this helps to keep connective tissue healthy. Add a few slices to your workout water bottle. Plus, it helps to detoxify your body.

2. It's good for your skin: The antioxidants help your skin stay clear.

3. You may drink more water: We like things that taste good. Better tasting water just may prompt you to drink more of it.

4. Guests love it: Add some extra wow to your table by adding a pitcher of cucumber water. Most people don't take the trouble to make it at home, so it will be a treat.

5. Making it is easy: It takes just a few minutes to fill a pitcher (or glass) of water and slice a few cucumbers into it... let it soak overnight prior to drinking.

I'm always amazed at how **"impactful"** food can be to our overall health and body.



Dan Murphy

