

intermittent fasting drinks

The title of the article is: Intermittent Fasting Drinks: Your Guide to Hydration and Metabolic Support

intermittent fasting drinks play a crucial role in the success and sustainability of intermittent fasting (IF) lifestyles. They not only help manage hunger and maintain hydration but can also actively support your body's metabolic processes during fasting periods. Understanding which beverages are permitted and which to avoid is fundamental to maximizing the benefits of IF, such as fat loss, improved insulin sensitivity, and cellular repair. This comprehensive guide delves into the optimal choices for intermittent fasting drinks, exploring their impact on ketosis, energy levels, and overall well-being, while also addressing common pitfalls.

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Understanding Allowed Drinks During Intermittent Fasting

The core principle behind intermittent fasting is to restrict your eating window, allowing your body extended periods without caloric intake. This abstinence from food triggers metabolic shifts, including fat burning and cellular regeneration. However, the definition of "caloric intake" is critical when considering beverages. Generally, any drink that contains calories, even a small amount, will break your fast and interrupt these beneficial metabolic processes. Therefore, the focus for intermittent fasting drinks is on zero-calorie or near-zero-calorie options that can support hydration and potentially enhance the fasting experience.

The goal of allowing certain drinks during fasting periods is multi-faceted. Firstly, adequate hydration is paramount for overall health and cognitive function, and this remains true whether you are eating or fasting. Secondly, specific beverages can help manage hunger pangs, which are common, especially in the initial stages of adopting an IF schedule. Finally, some drinks, like black coffee and certain teas, contain compounds that may further promote fat metabolism and provide an energy boost, making the fasting window feel less

restrictive and more productive. This careful selection of fluids is key to a successful and comfortable fasting regimen.

Water: The Cornerstone of IF Hydration

Plain water is unequivocally the most important beverage for anyone engaging in intermittent fasting. It is calorie-free, essential for countless bodily functions, and readily available. Staying properly hydrated during your fasting window is critical for maintaining energy levels, preventing headaches, and supporting detoxification processes. Dehydration can often be mistaken for hunger, so consistently sipping on water can significantly help in managing cravings.

The benefits of water extend beyond simple hydration. It plays a vital role in nutrient transport, temperature regulation, and joint lubrication. During fasting, your body may lose some electrolytes through increased urination, and water is essential for balancing these essential minerals. Aiming for at least 8-10 glasses of water per day, spread throughout your waking hours and fasting periods, is a general recommendation, though individual needs may vary based on activity level and climate.

How Much Water Should You Drink?

The exact amount of water needed can vary from person to person. A common guideline is the "8x8 rule" – eight 8-ounce glasses per day. However, for individuals practicing intermittent fasting, this baseline should be maintained, and potentially increased, especially during longer fasting windows. Factors such as intense physical activity, hot weather, and individual metabolic rates all influence hydration needs. Listening to your body's thirst cues is essential, but proactive and regular water consumption is generally recommended to avoid reaching a state of significant thirst.

Sparkling Water and IF

Plain sparkling water or seltzer water is generally considered acceptable during intermittent fasting. As long as it is unflavored and contains no added sugars, sweeteners, or calories, it can be a refreshing alternative to still water. The carbonation can provide a sense of fullness, which may be beneficial for suppressing appetite. However, it's important to verify the ingredients list to ensure no hidden additives are present, as even a small amount of sugar or artificial sweetener can break a fast.

Black Coffee: A Fasting Friend or Foe?

Black coffee, consumed without any milk, cream, sugar, or artificial sweeteners, is widely accepted as a beneficial beverage during intermittent fasting. Coffee contains caffeine, a natural stimulant that can boost metabolism and increase fat oxidation. It can also help suppress appetite and improve focus, making the fasting period more manageable. The bitter compounds in coffee can also stimulate digestive enzymes, which can be helpful for preparing the body for eating when the fasting window closes.

The metabolic benefits of black coffee during IF are attributed to its ability to increase norepinephrine levels, a hormone that signals fat cells to break down stored fat. Furthermore, coffee has been shown to improve insulin sensitivity, which is a key metabolic benefit often associated with intermittent fasting. However, the timing and quantity of coffee consumption are important to consider to avoid disrupting sleep patterns or causing jitters.

Potential Benefits of Coffee During Fasting

- Increased fat burning (lipolysis)
- Appetite suppression
- Enhanced focus and energy levels
- Improved insulin sensitivity
- Stimulation of digestive enzymes

When to Avoid Coffee

While black coffee is generally encouraged, there are instances where it might be best avoided. For individuals sensitive to caffeine, consuming coffee, especially later in the day, can disrupt sleep quality. Poor sleep can negatively impact hormone regulation, including those related to appetite and stress, thereby potentially undermining the benefits of intermittent fasting. If you experience anxiety, jitters, or digestive upset from coffee, it may be prudent to limit your intake or opt for decaffeinated black coffee, though decaffeinated versions may offer fewer metabolic benefits.

Unsweetened Tea: A Versatile IF Beverage

Unsweetened teas, including green tea, black tea, and herbal teas, are excellent choices for intermittent fasting. Like black coffee, these beverages are virtually calorie-free and offer a range of potential health benefits. Green tea, in particular, is rich in antioxidants called catechins, such as EGCG, which have been linked to enhanced metabolism and fat burning. Herbal teas, such as peppermint or chamomile, can be soothing and aid in digestion, while also providing hydration without breaking your fast.

The versatility of tea allows for a wide variety of flavors and experiences during your fasting window. The act of sipping a warm beverage can be comforting and help alleviate hunger. It's crucial, however, to ensure that no sugar, honey, milk, or artificial sweeteners are added. Even small amounts of these can trigger an insulin response, halting the fasting state. Always check the ingredients of any pre-packaged tea blends to ensure they are pure and free of added calories.

Green Tea and its IF Advantages

Green tea is frequently lauded for its thermogenic properties. The combination of caffeine and catechins in green tea can work synergistically to boost metabolic rate and increase calorie expenditure. Studies suggest that regular consumption of green tea can lead to modest increases in fat burning, especially when combined with exercise. This makes it a powerful ally for those looking to maximize fat loss during their intermittent fasting journey. Its antioxidant profile also contributes to overall cellular health.

Herbal Teas for Soothing Support

Herbal teas offer a fantastic caffeine-free option for those who are sensitive to stimulants or prefer a gentler beverage. Varieties like peppermint tea can aid in digestion and soothe an upset stomach, which can sometimes occur during fasting. Chamomile tea is known for its calming properties, which can help reduce stress and promote relaxation, potentially making it easier to adhere to a fasting schedule. Ginger tea can also be beneficial for digestive comfort and can help reduce nausea.

Other Potential IF-Friendly Drinks

Beyond water, black coffee, and unsweetened tea, a few other beverages can be considered suitable for intermittent fasting, provided they strictly adhere

to the zero-calorie or near-zero-calorie rule. These options can add variety and provide specific benefits that might enhance the fasting experience for some individuals.

One such option is apple cider vinegar (ACV) diluted in water. ACV is believed to offer several health benefits, including improved insulin sensitivity and appetite control. When diluted, it contains minimal calories. However, its acidity can be harsh on tooth enamel and the digestive system if consumed in large quantities or undiluted, so moderation and proper dilution are key. Another consideration might be certain electrolyte drinks, but caution is advised here, as many commercial versions are loaded with sugar.

Apple Cider Vinegar (ACV) During Fasting

Diluted apple cider vinegar is a popular choice for some intermittent fasters. A common recommendation is to mix 1-2 tablespoons of ACV into a large glass of water. This mixture is thought to help regulate blood sugar levels, reduce cravings, and even aid in digestion. The acetic acid in ACV is the primary active compound believed to confer these benefits. It's important to use raw, unfiltered ACV with the "mother" for maximum potential benefits. Consuming it regularly, however, should be done with care due to its acidity.

The Role of Electrolytes

During fasting, especially prolonged fasts, the body can lose essential electrolytes like sodium, potassium, and magnesium. This loss can lead to symptoms such as fatigue, headaches, and muscle cramps. While plain water is essential, some individuals find it beneficial to supplement with electrolyte-rich fluids, provided they are calorie-free. This often involves adding a pinch of high-quality sea salt or pink Himalayan salt to water. However, commercially available electrolyte drinks often contain sweeteners and calories, so careful label reading is crucial. Opting for pure mineral drops or simple salt additions is usually the safest approach.

Drinks to Avoid During Intermittent Fasting

The cardinal rule of intermittent fasting is to avoid any beverage that contains calories, as this will trigger an insulin response and break your fast. This significantly narrows down the list of acceptable drinks and highlights the importance of vigilance. Most commercially available beverages fall into the "avoid" category, and understanding why is crucial for maintaining the integrity of your fasting state and maximizing its benefits.

Anything that contains sugar, whether natural or artificial (in some contexts), or any significant macronutrients like fats or proteins, will halt the metabolic state of fasting. This includes juices, sodas, milk, sugary coffees and teas, and alcoholic beverages. Even seemingly healthy options like smoothies or fruit-infused waters can contain enough natural sugars to disrupt your fast. Therefore, a clear understanding of what constitutes a "fast-breaking" ingredient is vital for success.

Sugary Beverages

This category is perhaps the most obvious to avoid. Sodas, fruit juices, sweetened iced teas, sports drinks, and energy drinks are loaded with sugar. Consuming these during a fasting window will spike blood sugar and insulin levels, effectively ending your fast and preventing your body from entering the fat-burning state. The rapid influx of sugar also negates any potential metabolic benefits you were aiming to achieve through fasting.

Milk and Dairy Products

Milk, whether dairy or plant-based (like almond or soy milk, unless specifically unsweetened and fortified with zero-calorie ingredients), contains calories, carbohydrates, and protein. Even a small amount of milk added to coffee or tea will break a fast. The protein and carbohydrates in milk stimulate an insulin response. While unsweetened plant-based milks might have a lower caloric impact, they can still contain enough to disrupt a prolonged fast for some individuals. It is generally best to err on the side of caution and avoid them.

Alcoholic Beverages

Alcohol contains calories and can interfere with metabolic processes. While some proponents of intermittent fasting might consume alcohol within their eating window, it's generally advised to avoid it during the fasting period itself. Alcohol can impair liver function, which plays a crucial role in detoxification and metabolism, and can also disrupt sleep and hormonal balance. The body prioritizes metabolizing alcohol over burning fat, making it counterproductive to your fasting goals.

Artificial Sweeteners and IF Drinks

The use of artificial sweeteners in beverages during intermittent fasting is a topic of ongoing debate. While they are typically calorie-free, some

research suggests that they may still elicit an insulin response or affect gut bacteria in ways that could be detrimental to metabolic health. The body can sometimes mistake the sweet taste for actual sugar, leading to a mild insulin release. Furthermore, some artificial sweeteners can alter taste preferences, potentially leading to increased cravings for sweet foods.

Given these potential concerns, it is often recommended to limit or avoid artificial sweeteners altogether, even if they are calorie-free. Sticking to naturally unsweetened beverages like water, black coffee, and plain tea is the safest approach to ensure you remain in a fasted state and reap the full benefits of your intermittent fasting regimen. If you do choose to use sweeteners, opt for them sparingly and observe how your body responds.

The Sweetener Debate

The scientific community is divided on the long-term effects of artificial sweeteners. Some studies indicate that they may not significantly impact insulin levels, while others suggest subtle metabolic disturbances. The subjective experience also varies greatly among individuals. Some people report that artificial sweeteners help them curb sugar cravings, while others find they exacerbate them. For strict intermittent fasters, the safest bet is to avoid them entirely to eliminate any doubt about breaking the fast.

Choosing Wisely

If you find it extremely difficult to abstain from sweetness during your fast, consider natural, calorie-free options like stevia or monk fruit extract in their purest forms. However, even with these, it's wise to use them in moderation and monitor your body's response. Ultimately, the most effective strategy for intermittent fasting drinks is to embrace the natural flavors of water, coffee, and tea.

The Role of Electrolytes in IF Hydration

Maintaining electrolyte balance is crucial when practicing intermittent fasting, especially for longer fasting periods. As mentioned earlier, the body can excrete electrolytes through increased urination, and their depletion can lead to uncomfortable symptoms. Ensuring adequate intake of minerals like sodium, potassium, and magnesium is vital for proper nerve and muscle function, as well as fluid balance.

While a balanced diet during your eating window should provide most of your electrolyte needs, specific strategies can be employed during fasting. Adding

a pinch of high-quality sea salt or pink Himalayan salt to your water can replenish sodium. Potassium can be harder to supplement without calories, but some potassium-rich foods are allowed in the eating window. Magnesium can be obtained through supplements, but it's always best to consult with a healthcare professional before adding new supplements to your routine.

Sodium for Sustained Energy

Sodium is an essential electrolyte that plays a key role in maintaining fluid balance and nerve impulse transmission. During fasting, a slight increase in sodium intake through a pinch of salt in water can help prevent headaches and fatigue. It also helps your body retain water, which is crucial for overall hydration and preventing the "keto flu" symptoms that some people experience when their bodies shift to burning fat for fuel.

Potassium and Magnesium Support

Potassium is vital for muscle contractions and nerve signals, while magnesium is involved in hundreds of biochemical reactions in the body, including energy production and muscle function. While direct calorie-free supplementation of potassium is challenging, ensuring adequate intake from allowed foods during your eating window is important. Magnesium can be consumed through supplements, and some individuals also find it beneficial to use magnesium-based electrolyte powders that are specifically formulated to be zero-calorie.

Frequently Asked Questions About Intermittent Fasting Drinks

Q: Can I drink diet soda during intermittent fasting?

A: While diet sodas are calorie-free, they contain artificial sweeteners. The impact of artificial sweeteners on fasting is debated, with some research suggesting they may still trigger an insulin response or affect gut health. For strict adherence, it is generally recommended to avoid diet sodas.

Q: Is lemon water allowed during intermittent fasting?

A: A small amount of lemon juice (e.g., the juice of a quarter of a lemon) added to water is generally considered acceptable by many intermittent

fasters. The caloric content is negligible and unlikely to significantly impact insulin levels. However, for very strict fasters or during extended fasts, even this might be avoided.

Q: Can I drink bone broth during my fast?

A: Bone broth, while often savory and satisfying, does contain calories from protein and fat. Therefore, it will break a strict fast. Some people use bone broth during a "modified fast" or within their eating window for its nutrient density, but it is not considered a zero-calorie beverage for a pure fasting state.

Q: What about zero-calorie energy drinks?

A: Zero-calorie energy drinks often contain artificial sweeteners, caffeine, and other stimulants. While they don't contain calories, the artificial sweeteners can be problematic, and the high caffeine content might not be suitable for everyone, potentially disrupting sleep. It's best to be cautious and prioritize plain water, black coffee, or unsweetened tea.

Q: Can I add a splash of milk to my coffee during intermittent fasting?

A: No, even a small splash of milk contains calories, protein, and carbohydrates that will stimulate an insulin response and break your fast. It is best to consume coffee black or with approved zero-calorie additions if any.

Q: Are flavored waters okay for intermittent fasting?

A: Most flavored waters, even those marketed as "zero sugar," contain artificial sweeteners or flavorings that may interfere with your fast. It is safest to stick to plain water or water infused with natural ingredients like cucumber or mint leaves, ensuring no sugars are extracted.

Q: What is the best drink for managing hunger during a fast?

A: Plain water, black coffee, and unsweetened green or herbal teas are excellent choices for managing hunger. The volume of water can create a feeling of fullness, while the caffeine in coffee and green tea can help suppress appetite. Herbal teas can offer a soothing and comforting experience.

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intermittent fasting drinks: [What Can You Drink During Intermittent Fasting?](#) Stephan Lederer, 2021-09-17 Finally, some plain talk when it comes to drinks! You have done your research but still do not know what you can drink during intermittent fasting? Then here is the right guide for you! The wrong beverages are precisely the reason why many people fail to lose weight with intermittent fasting. Drinking while fasting not only raises countless questions but also causes the most mistakes. Based on current studies, this book explains what you can drink during a fasting period without destroying your results! The author and blogger Stephan Lederer explains in this book on a scientific basis everything you need to know about drinking during fasting. This essential knowledge for intermittent fasting is explained in simple terms, so you don't have to read every paragraph three times. This book answers the following questions, among others: What happens in the body during intermittent fasting? Why do 16 hours of fasting make sense? What drinks are allowed during intermittent fasting? Is coffee with milk allowed? Can I drink tea with sweetener? Is lemon water allowed? What about diet soda? Stephan has taken a close look at almost all common drinks and sweeteners in this book, so you don't have to go through the hassle of making them yourself. In addition, this book explains: Intermittent fasting basics and methods. How drinks affect weight loss and health The 5 most common mistakes when fasting The most important recipes to get you started This compact guide follows a logical structure, from explaining how intermittent fasting works, to the goals and health benefits, to the impact of individual beverages. If you're tired of guessing which drinks are allowed during a fasting period, get this knowledge today! This guide gets to the heart of what you're allowed to consume on 16/8 and other plans. If you have any questions, you can also benefit from the author's personal support to readers of his book!

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intermittent fasting drinks: Ketogenic Diet and Intermittent Fasting for Beginners

Bobby Murray, *What If You Could Just Flip A Switch And Activate Your Body's Fat-Burning Mode?* Admit it. You've tried counting calories, eliminating every ounce of fat from your diet, and working out until you nearly passed out due to exhaustion. But if you're like 90% of dieters, none of it really helped. This astonishing failure rate shows that something is terribly wrong with today's mainstream fitness advice. So it's time you tried something completely different - like the ketogenic diet and intermittent fasting. Using *Intermittent Fasting & Ketogenic Diet* puts your body into a state known as ketosis and a fasted state. When you're in ketosis, your body is doing what you've been wanting it to do all along: it's finally burning its fat stores for fuel. Grab a copy of *Ketogenic Diet and Intermittent Fasting For Beginners* to learn more! This book will help you: - Understand EXACTLY how ketosis functions and how it benefits your body - Discover the delicious keto superfoods and learn how to build your nutrition around them - Combine the ketogenic diet with other nutrition strategies like veganism and intermittent fasting - Avoid the #1 mistake that people make when exercising on the keto diet - Achieve your weight loss goals and improve your health naturally! - How to simply and easily incorporate fasting into your daily routine, without starving yourself - Tips and tricks that will help you with intermittent fasting, including details on the keto diet - Techniques that will boost the weight loss process and transform your body into a fat-burning machine - How to use autophagy to erase the aging process evidence of your body and face - And much more! The keto & intermittent fasting diet is endorsed by celebrities, fitness coaches, and pro athletes, and there's no reason why it wouldn't work for you. Scroll up, click on Buy Now and Jumpstart Your Weight Loss Now!

intermittent fasting drinks: Flex Life for Women Spencer Langley, 2019-01-23 Are you tired of fad diets? You're not alone. Let's be honest, temporary diets lead to temporary results. In this book, you'll discover how to achieve lasting weight loss. This complete guide teaches everything you need to know to get lean and toned, including: · How hormones influence female fat loss · An easy and proven way to build good habits and break bad habits · Everything you've always wanted to know about healthy eating, macros, and intermittent fasting · The simple principles of weight lifting to get lean and toned · The best glute exercises to build a bigger butt · Fast and effective fat burning workouts—including high intensity interval training (HIIT) · How to drink alcohol without sabotaging your goals · The dirty secrets supplement companies don't want you to know · A foolproof guide to staying in shape while traveling Best of all, this is a book that you can trust because it's backed by over 1,000 scientific studies. There are no gimmicks or tricks; you'll strictly get what works and nothing that doesn't. FREE Bonus Purchase this book, and you'll get access to my personal email address. Have a question or need some advice? Just shoot me an email, and I'd be happy to help. Buy this book today, and you'll be on the fast track to the body of your dreams.

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intermittent fasting drinks: Introduction to Science of Fasting for Healthy Body Ram Babu Sao, 2025-05-20 Fasting has been used for the body to get rid of waste buildup and also for religious and spiritual purification for centuries. Nearly every religious text from the Old and New Testaments of the Upanishads as well as Bible to the Quran, calls upon followers to fast periodically as a rite of spiritual purification, penitence, or preparation for union with God. Fasting advocates and claims that the practice can effectively treat serious health conditions, like diabetes, constipation, arthritis and colitis to heart disease and depression. In his practice, he has seen fasting, combined with improving the diet before and afterwards, which eliminates lupus, arthritis and chronic skin conditions like psoriasis and eczema. He says he has also seen fasting heal the digestive tracts of those with ulcerative colitis and Crohn's disease, and lower blood pressure. Fasting followed by a vegetarian diet interferes with the immune system's activities, especially if the immune system is overreacting, as it does with, and other auto-immune diseases. He cites half a dozen studies published in medical journals ranging from the American Journal of Physiology-Endocrinology and Metabolism to the Scandinavian Journal of Rheumatology. Studies published in "The Proceedings of the National Academy of Sciences" and "The Journal of Nutrition in 2003" showed that human beings forced to fast every other day, while eating twice the normal amount of food on non-fasting days, had better insulin control, neuronal resistance to injury, and other health indicators than people fed calorie-restricted diets. Fasting may yield psychological benefits as well. I use very brief fasting with my patients to help them cope with stress and depression, says Agnese Barolo, a life coach in contemplative practices in New Rochelle, N.Y. So, now many are so encouraged that they try longer fasts, she says. There is scientific evidence for the curative powers of fasting, That is a reason every culture in every country has practised some form of fasting for thousands of years. Fasting is not advisable for everyone. But for those whose medical conditions do not respond to other treatments, Fuhrman says, sometimes fasting four to five days a month can help them break to the next level of immune competency. He adds that it will only work if you frame the fast with good nutrition before and after. Fuhrman cautions that certain people should not fast, including: • Pregnant women. • People with wasting diseases or malnutrition. • Those with a history of cardiac arrhythmias. • People with hepatic or renal insufficiency. And anyone who fasts for extended periods should do so only under close medical supervision. "Fasting gives Longer Life". There are hundreds of studies showing that when people are fed fewer calories they live longer, says Fuhrman. Studies on animals ranging from earthworms to monkeys have shown that alternating cycles of fasting and very calorie-restricted diets are a reliable way to extend the lifespan. The excess calories Americans eat, they shorten their lives, says Fuhrman. If you want to live longer, Fuhrman's best advice is to eat healthy and fast periodically. The time may come, Fuhrman says, when not offering to fast, substantially more effective nutritional approach will be considered malpractice. This book "Introduction to Science of Fasting for Healthy Body" is very fascinating and an exasperating with its simplicity and its vastness. The author says that there is no royal road to a perfect understanding of fasting. One can realize its vast extent of diseases and guiding symptoms. In its present compact form, it contains the maximum number of reliable fasting facts in the minimum space.

intermittent fasting drinks: 5: 2 Vegetarian Diet: Low Carb, Low Fat: Low Sodium: Jessica

Carter, 2014-04-30 This book contains appetizers, breads, breakfast, soup, lunch, dinner, salads and side dishes desert. A doctor's advice is highly recommended before you start a diet, if you have any medical condition. You can adopt 5:2 approaches to lose weight. Either have 2 meals daily out of 5 from this book or you can select any 2 days in a week to eat recipes from this book. You eat normally for five days a week - women consume 2,000 calories and men 2,500 a day - and then restrict your calorie intake for the other two days (500 calories a day for women and 600 for men). And the concept is taking the world by storm. Intermittent fasting is proven not only to help you lose weight, it could also help you live longer thanks to its health benefits. But if restricting your calories on fast days sounds difficult, these tasty recipes by nutritionist Angela Dowden contain as few as 90 calories per portion, but still tickle your taste buds, will fill you up, and could help you lose up to 3lb a week! So what are you waiting for?

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afternoon energy shots to soothing nightcaps and tisanes, these drinks are designed to flow with the natural rhythm of the day and help support a variety of health outcomes, including stress relief, immunity assistance, and improved mood, digestion, and sleep. A delightful collection of drinks that are both functional and delicious, the recipes include: Goji Berry Rhubarb Sour The Maca Fauxito Holy Basil Cucumber Lemonade Dirty Chaga Chai Relaxing Reishi Tisane Rising Sun Shake “Mind Embracer” Lion’s Mane Mule Mango Maca Lassi Gotu Kola Spritz Sangresandra “Margarita” Holy Rhodiola Smoothie Bowl Rosy Glow Horchata with Shitake & Velvet Bean And more! Each chapter also includes a few recipes for gatherings and celebrations, for those times when you need to provide drinks for a crowd. Fun, colorful, and approachable, Drink Up & Glow is the perfect book for holistic health enthusiasts, beverage lovers, and people looking to stress less and live more. Whether you’re in need of a cozy, warming beverage to soothe frazzled nerves, a cognitive pick-me-up to help with the 3 p.m. slump, or a tasty and relaxing refresher to celebrate the end of the day, Drink Up and Glow will have you drinking to your health.

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