**The Benefits of Infused Water**

Each year, new health trends immerge onto the market. One of the latest is infused water.

We all know that drinking plenty of water is essential to our health. However, according to research, most of us don’t drink anywhere near enough of this crucial element each day.

Infused water can help encourage you to drink more, while also delivering excellent health benefits. Here, you’ll discover what infused water is and the benefits it can provide.

**What is infused water?**

Infused water is water flavored naturally with fruits, herbs and vegetables. The ingredients are added to the water, then left for a period of time to release their natural flavors and nutrients.

You’re left with a flavorful water drink that’s both healthy and delicious.

**The benefits it provides**

You’ll find infused water has a lot of awesome health benefits. You’ll not only receive the benefits of water alone, but the benefits of the fruit, herbs and vegetables you’re using.

Below, we’ll look at some of the best benefits you can expect when you add this beverage to your daily routine.

**Hydration benefits**

The biggest benefit of drinking plenty of water, is hydration. However, many people find after drinking lots of sweet sodas, water simply doesn’t have a lot of flavor. Therefore, they find it difficult opting for water over the sweet, fizzy drinks available.

Infused water on the other hand, has plenty of flavor. This means it can be a great alternative for those who don’t like the taste of standard water. It can help to keep hydration levels topped up.

The main benefits of hydration include more lubricated joints, better transportation of nutrients and oxygen throughout the body, and helping to keep the skin and hair in healthy condition.

**Reduced appetite**

Another great benefit of drinking infused water, is that it can reduce the appetite. If you’re struggling with your weight, you may find switching to infused water can really help.

Water alone can help to curb your appetite. However, with added fruits, vegetables and herbs, you’ll get that additional flavor which can also help satisfy the body’s sweet cravings without the added calories and fat.

**Eliminates toxins**

You’ll find drinking infused waters also helps to eliminate toxins from the body. This will leave you feeling naturally more alert and healthier.

**Fat burning benefits**

Infused water can also aid in weight loss. It delivers impressive fat burning capabilities, helping to speed up the metabolism. It also eliminates excess fat cells from the body.

Another weight loss benefit is that it can help you to feel much more energized. This in turn will encourage you to do more exercise, boosting your weight loss further.

**Improved immune system**

The nutrients found in the fruits, herbs and vegetables in infused water, will help to boost the immune system. This means you’ll be at a lesser risk of picking up colds and the flu. It also means your body will be better equipped to fight off diseases.

**It’s great for your mental health**

Another impressive benefit of infused water is that it can do wonders for your mental health. As you’ll have more energy, you’ll be less likely to snack on unhealthy foods. As mentioned above, the extra energy you’ll feel also helps you to work out more. This in turn aids your sleep patterns.

All of these benefits help to give your mental health a boost. You’ll feel naturally great after switching to drinking infused water.

These are just some of the awesome benefits you can expect to experience when you start drinking infused waters. The exact health benefits will depend upon the ingredients used. It’s amazing to think that just a simple change to your diet such as adding infused waters, can make a huge difference to your health and wellbeing.