

The Summer Wellness Plan

Bore No More – Add Pep to Your H2O

Hot summer days and cool refreshing drinks go hand in hand. Sometimes this means beverages that are full of sugar and empty in calories.... The heat of summer usually has us reaching for sports drinks, juices, sodas, iced coffee, causing people to gain weight and increase their risk of diabetes. The Harvard School of Public Health published a “Sugary Drinks and Obesity Fact Sheet” which showed that 12oz of a sugary drink per day contributed to an increase in obesity, diabetes, and heart disease. Not to mention daily exposure to artificial flavours, colours, and potentially harmful sweeteners and alternatives like aspartame and sucralose is also not recommended. It seems trivial to talk about the benefits of drinking pure water. You’d love to drink more water, if only it wasn’t so boring! Add some pep to your H2O with these healthy summer beverage alternatives that are not only thirst quenching but tasty!

- 1 c coconut water
- 1 c crushed ice
- 1 whole peeled lime or lemon
- 1 tbsp raw honey or stevia
- 1 inch chopped ginger
- Add a pinch of salt

Real Refresher



- 2 slices english cucumber
- 3 muddled basil leaves
- 1 tbsp raw honey
- 3 tbsp organic lemon juice
- 2 tbsp grapefruit juice
- 2 tbsp water
- 3 tbsp club soda

Cool as a Cuke



- 1/4 c berry juice of choice
- 2 tbsp squeezed lemon juice
- Fill with sparkling water.
- Serve over ice with floating berries.
- Sweeten with a bit of honey or stevia if desired.

Berry Breezer



- 1/2 c cooled chai tea
- 1/2 c almond or coconut milk
- 1/2 tsp maple syrup or honey or to taste
- Top with cinnamon.

Iced Chai Latte



- Fill a large container with water.
- Place 5 tea bags into container with water (I like hibiscus).
- Place in the sun and steep 3-4 hours.
- Sweeten as desired.
- Ginger is a good option.

Herbal Sun Tea



- Learn to brew your own or purchase from a local grocery or health food store.
- A tasty alternative to pop and comes in a variety of flavours.
- A great source of probiotic culture.

Kombucha



Sometimes we get so busy, we can forget to hydrate! If you’re in a hurry, consider simply adding fruit to your water (lemon lime, blackberry basil, watermelon mint, etc.), to change up the flavor. Or pick up a healthy alternative at your local coffee/tea shop, grocery or health food store such as: **Unsweetened Iced Green Tea, Kombucha, Fruit Flavored Sparkling Waters or Coconut Water.** Enjoy!

Source: <https://www.hsph.harvard.edu/nutritionsource/sugary-drinks-fact-sheet>