



BEFORE YOU START

Go shopping for your no-soda supplies:

1. Sparkling mineral water, or sparkling water. It must have no additives, read the label. Plain sparkling water, nothing else.
2. Peppermint tea bags.
3. A couple of green apples.
4. A couple of lemons.

DO THIS THE NIGHT BEFORE DAY ONE

In the evening boil two pints of water. To the freshly boiled water add two slices of green apple, two slices of lemon, and two peppermint tea bags. Cover, and let it steep overnight.

DAY ONE

Remove the tea bags/lemon slices/apple slices and store the peppermint tea mixture in the refrigerator.

You will be making a half peppermint tea mixture / half sparkling mineral water mix. The recipe is simple:

- 1/2 a glass of cold peppermint tea mix, and
- 1/2 a glass of sparkling mineral water.

This recipe still gives you the bite/tang of drinking a carbonated beverage, but it'll hydrate you, since there's no sugar!

DAYS TWO TO SEVEN

1. Each night make another batch of peppermint tea mixture.
2. Over the next six days your goal is to gradually decrease the amount of peppermint tea and sparkling mineral

water in each glass – and to make up the difference with still (non-sparkling) water.

3. Make up your mix of peppermint tea and sparkling mineral water – but instead of a full glass, fill it half-an-inch from the top. Add still water to make a full glass.
4. Over the subsequent days add correspondingly more still water to each glass you drink.

WHAT IF I AM STRUGGLING?

If you are struggling on Days 2-7, try this:

Stay on the last strength you liked, for an extra day or two. Or... pop a fresh lemon slice, or a chopped up slice of apple into your glass.

WHAT IF I AM STILL STRUGGLING!?

If you are still struggling, then:

Keep the amount of sparkling mineral water constant, but gradually reduce the amount of peppermint tea mixture. Or... top up your glass with still water until, over the next few days, it contains no peppermint tea.

GOING FROM SODA TO WATER!

The home-stretch begins after the still water / sparkling water mixture. Now you can gradually reduce the ratio of sparkling water over time. I will leave how long you wish to take to do that, up to you. You don't have to aim for 100% still water. Stop at where you can drink & enjoy your glass of water (and be an ex-soda drinker!).

I hope you find this factsheet helpful.
You are welcome to email moodfoodmove at:
moodfoodmove@gmail.com with any questions ☺