

“Totally Organica sparkling water ...was a big hit with our office taste-testers”

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water, water everywhere

BUT FOR THOSE WHO DISLIKE H₂O, HERE ARE SOME OTHER DROPS TO DRINK



IF YOU'RE LIKE me, you hate water. You think tap water tastes like sink, bottled water tastes like bottle, and you get your fluid intake from coffee, teas, Diet Coke, and Fresca. Sounds extreme, but I know I can't be the only one for whom the very thought of drinking water is enough to induce gagging (really!). And given that humans are supposed to drink 18 gallons of the stuff a day or something, if you share my water-hating ways, you know you're putting your health in danger.

Luckily for aquaphobic folks, infused waters are a great way to get your daily wetness. Similar to the cucumber- or orange-slice-filled pitcher you might find at your local yoga studio or spa, these drinks add a touch of fruit essence or herbal extract to liven up plain water and they have no calories, sweeteners or artificial ingredients. **Metromint** water, with hints of spearmint or spearmint and orange, is one of my faves (about \$1.89/16.9 oz.). Its bright, refreshing flavor has only slightly mouthwashy overtones, and the pure mint and orange essences give it a nice clean taste that is sunshiny and uplifting. **Hint's** lime-infused water is another drink that's not to be missed (\$1.79/16oz.). Perfect for a hot summer day, it has a subtle taste of lime that's cooling and not at all sour. If a mojito and a bottle of water had a baby, it might taste like this. **Alaya's Herbal Water** is my latest discovery, and I am obsessed. Not for the unadventurous, the flavors boast the unique and surprising taste of culinary herb blends, including lavender, lemongrass, and thyme; cloves, cardamom, and cinnamon; and ginger and lemon peel (\$1.49/16 oz.). I love the mood-altering properties of the scents—Ayala's is like aromatherapy for your mouth.

Finally, If your preference runs to the bubbly and the berry-scented, give **Totally Organica's** sparkling water a try (about \$1.69/16.9 oz.). This carbonated artesian water is flavored with organic essences, including raspberry, pomegranate, and green apple, and was a big hit with our office taste-testers. [DEBBIE STOLLER]