



Hydration: Nourishing Water and Beverages

Adequate hydration is one of the easiest, least expensive and most ignored ways to stay healthy.

How much water should you drink each day?

Everyone requires a different amount.

Individual amount is based on age, weight, sex, level of physical activity, season and biochemical needs.

A general rule many experts recommend is that you drink one half your body's weight in ounces.

Ex: Weight: 160 lbs, drink 80 oz. per day or about 2.5 quarts or 10 (8 oz.) glasses

HYDRATING — DRINK UP !

Filtered or Clean Water
Fresh Squeezed Juices
Herbal Teas
Raw Milk
Vegetable and Bone Broths
Lacto-Fermented Beverages

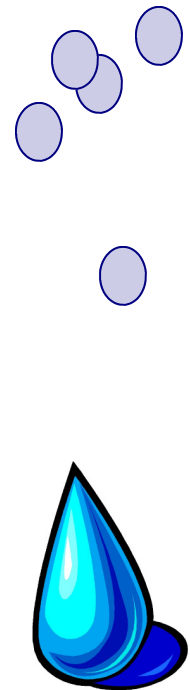
DEHYDRATING — AVOID !

Coffee
Caffeinated Tea
Sodas
Juices containing high fructose corn syrup
Soy Beverages
Beverages with artificial sweeteners

OUR HEALTH RELIES ON THE QUALITY AND QUANTITY OF THE WATER WE DRINK

Personal Hydration Tips

1. Drink 1 -2 glasses of water as soon as you wake up to flush out toxins and hydrate body.
2. Carry clean water with you everywhere and drink anytime you feel like it.
3. Glass containers are best. Plastics leach chemicals.
4. Keep water nearby whenever you are sitting down at a desk and drink while working.
5. Drink purified water. Best filter choices are carbon block or reverse osmosis.
6. Drink more if the weather is hot.
7. Add fresh lemon juice to water. It helps to alkalize the body and neutralize digestive acids.
8. Eat water rich foods. Ex. watermelon is 92% water, tomato 95% water.
9. Drink herbal teas. Make your own infusions w/fresh ginger root, sage, nettle , red clover, etc.
10. Drink beverages at least 30 minutes before meals to support digestion.
11. Do not drink a lot while eating, wait at least an hour to drink more after meals to aid digestion.
12. Instead of snacking in between meals, drink a healthful beverage.
13. Don't wait until you are thirsty to drink.
14. Try some new refreshing fermented beverages to hydrate your body.



About Fermented Beverages: Yogurt - Kombucha- Kvass- Kefir . . . so good for you!

Healthful lacto-fermented beverages are a great digestive aid. They can be made from fruits, vegetables, milk, sap, grain and herbs. They are nourishing, strengthening, and refreshing. These beverages promote easy and complete digestion of food by supplying lactobacilli, lactic acid and enzymes. Lacto-fermented drinks can quickly replace lost minerals that renew the body's reserves after physical exertion. Try a fruit and yogurt smoothie.

Watch for Common Symptoms of Dehydration: Headaches, Indigestion, Constipation, Dry or Itchy Skin, Grogginess or Tiredness, Concentration Lapses, Stiff or Sore Muscles or Joints, Dark or Cloudy Colored Urine, and Lower Back Pain.

RESOURCE: Hass, Elison. *Staying Healthy With Nutrition*. 21st Century Addition. Berkley, CA: Celestial Arts Press, 2006.

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