

Hydration

Water is life. Our body's cells consist primarily of water and since we are made up of all of those cells, nearly every function our body and systems perform relies on proper hydration to operate optimally. Like food, we need to bring in water from outside sources or else functions start to break down. Blood pressure, blood sugar, digestion, healthy cholesterol, clear skin, energy, brain function, weight, detoxification, immunity and sleep are all influenced positively and negatively by hydration levels. That's everything, right?!

How do I know if I'm dehydrated?

Some signs of acute dehydration: yawning, fatigue, hunger, irritability, food cravings, boredom, headache, body aches, dry mouth, red eyes, dark urine

Some signs of chronic dehydration: constipation, dry skin, extreme fatigue, headaches, nausea when drinking water, dry lips, chronic cough, dry throat

What dehydrates: Coffee, Alcohol, exercise, hot weather, hot bath, sauna, salty food, diarrhea, salty/dry/crispy foods like chips or fried foods, highly processed foods, fast food

How much is best: Half your body weight in ounces then check in with yourself to find

Water Hacks:

High water content food - raw veg : cucumber, lettuce, celery

Fruit : watermelon, strawberries, cantaloupe but not bananas or dried fruit

Still thirsty when drinking regularly? Improve water quality, pinch of sea salt with each glass or gel water, work toward lowering LDL cholesterol, detoxify through opening the channels of detoxification.

Gel Water - adding plants to water (see gel water sheet)

If water causes:

bloat: sip between meals

nausea - sip between meals working up to half body weight in ounces.

Types of water:

Municipal Tap water is treated with chemicals after filtering to remove pharmaceuticals, pesticides, herbicides, petroleum wastes and other toxins, heavy metals and contaminants.

Water filters like **Reverse Osmosis** go beyond that to remove smaller particles and the harmful effects of the chemicals used in treatment plants. Investing in home filtering systems will save you money and medical bills. There are shower and bath filters so that you're bathing in clean water and even whole home filters.

Filter brand recommendations: Hydroviv, Aquasana

Why replace plastic bottles: microplastic consumption through repeated exposure to water bottles, foods cooked or stored in plastic causes thyroid imbalances, inflammation, oxidative stress, immune disruption.

GEL WATER

Infused water, also known as "gel water", is created by adding slices of fruits or vegetables as well as adding chia or basil seeds to purified water. This infusion process allows the water to absorb the plant's natural 'gel'. For instance, think about the texture you experience when slicing into a cucumber - the sliminess you feel represents the plant's gel water, which is present in all plants.

Gel water can be identified by an extra hydrogen and oxygen atom, resulting in a molecular structure known as H_3O_2 . During this phase, the water crystals overlap and interlink, resembling lace, while remaining in a fluid state. And interestingly, gel water is transmitted through our body via fascia which is made up of collagen and collagen is full of gel water. There is an electrical charge to gel water which allows our cells to absorb this water more efficiently and therefor making more hydrating than other water.

You know the gel-like substance that forms around chia seeds when you soak them in water? That's water in the gel phase. Basil seeds produce the same substance and **within our cells we have a similar structure**. When we consume this gel water, our body hydrates more efficiently than water alone since our body recognizes that gel and absorbs it more easily.

In 32 ounce glass bottle fill with purified water and either 1/2 tsp basil seeds or 1/2 tsp chia seeds. Let sit for 15-30 minutes before consuming.

When empty, refill with water and let sit for 15-30 minutes before consuming.

Continue this process using the same basil or chia seeds for 1-2 days then discard.

When using fruit or vegetable slices:

In 32 ounce glass bottle fill with purified water and 1/4-1/2 cup of sliced organic produce.

Let sit for 30-45 minutes before consuming and repeat instructions above, discarding in 1-2 days or when produce has broken down.

Flavor Combinations:

Lemon + Chia

Apple + Mint

Basil + Strawberry

Lime+ Orange

Cucumber + Basil seeds

Pineapple + Lime