

Hydration 101

Since all cells are about 70 percent water, it is essential to stay adequately hydrated. In addition, to balance your pH we need to make sure your hydration is balanced with electrolytes and good quality water. I am including two Electrolyte Drink recipes for your use. By drinking enough of the right kind of water, internal organs are hydrated, enabling them to function properly. You also hydrate skin, increase energy, keep your immune system healthy, assist your thyroid in maintaining body temperature and flush out waste and toxins. Additionally, all eighty-four essential trace minerals your body needs are found in Celtic sea salt and Himalayan pink salt, so there's no need to worry about consuming too much. A craving for salt is a craving for minerals, thus a chance to fulfill a nutritional deficiency and help your adrenal glands. When you use the good salts, your body uses the minerals it needs and simply disposes of any excess it does not want, rather than searching for more minerals, as would be the case with regular refined salt. The minerals in good salt match the exact mineral profile of our blood for maximum absorption.

Electrolyte Drink Recipes:

DIY: <https://wellnessmama.com/2575/natural-sports-drink/>

<https://drive.google.com/file/d/1u4KZLypwuTCc83T5CPTasz2AybPZKvyj/view?usp=drivesdk>

Salty Chia Seed Electrolyte Drink

Makes 1 Serving

16 ounces alkaline, filtered, or mineralized water
1 tablespoon raw organic chia seeds
1 scoop electrolyte powder (Vega Sport or Vitalyte brands; alternative is Hyland's Homeopathic Bioplasma Sport)
¼ teaspoon Celtic sea salt or Himalayan pink salt (more or less depending on how strong you like the salt taste)

Shake all ingredients together in a water bottle and let it sit for 1 to 2 hours to allow the chia to soften and gel. Enjoy!

Snake Juice

Ideally made with Evian or another high quality alkaline water

In a 2L water bottle mix the following ingredients together:

Water = 2L
Potassium chloride = 1 tsp (No Salt)
Sodium Chloride = ½ tsp (Himalayan Pink Salt)
Sodium Bicarbonate = ½ tsp (Baking Soda)

Ginger Lemonade Switchel

This drink is packed with antioxidants, probiotics, minerals, and anti-inflammatory properties. Makes about 1 quart (1 L)

¼ cup (60 ml) raw honey
1 cup (240 ml) hot water
3 cups (720 ml) room temperature water or sparkling mineral water
1 tsp apple cider vinegar
½ cup (120 ml) freshly squeezed lemon juice
1 teaspoon fresh ginger pulp/juice (use a garlic press if you have one)

3 drops of ConcenTrace Trace Mineral Drops
3 drops of Bach Rescue Remedy (optional)
¼ teaspoon sea salt

In a small heatproof mug or bowl, add the honey to the hot water and stir to dissolve. Pour into a 1-quart (1-L) jar or pitcher, and add the room-temperature water, vinegar, lemon juice, ginger pulp/juice, trace mineral drops, rescue remedy, if using, and the sea salt.

Keep in the fridge for up to 1 week and give it a shake each time you serve. Feel free to adjust the sweetener and any other flavor elements to your taste.

Other High Quality Water Resources

<https://www.lithiaspringwater.com/>

<https://findaspring.com/>

<https://www.facebook.com/AbundantLifeWater/>

Hydration Tips

Drink 1 liter (about 34 ounces) of water per every 50 lbs of body weight every day. Do your best to drink room-temperature water between meals so you don't dilute your digestive enzymes. Cold water can slow down your digestion, so avoid ice water.

Water with minerals is very important. If you drink reverse osmosis or purified water, add essential trace minerals (found at online vitamin stores or health food stores) to it so they get delivered to your cells and really hydrate you. Add 15 to 20 drops of concentrated trace minerals by Trace Mineral Research to 1 liter purified water, or 6 drops to 16 ounces.

Drink water every 15 to 30 minutes while exercising.

Drink *before* you get thirsty since being thirsty is a sign of dehydration.

Coconut water is the best re-hydrant because it matches the exact electrolyte profile of our blood plasma

Resources

<https://lairdsuperfood.com/blogs/news/everything-you-need-to-know-about-aquamin>

<https://lairdsuperfood.com/collections/hydration>

https://elevate8health.com/?post_type=product&v=400b9db48e62

<https://www.ultimareplenisher.com/>

[Dr. Bergs Electrolyte Powder](#)

<https://drinklmnt.com/>

<https://www.traceminerals.com/>

<https://www.traceminerals.com/product/ionic-fulvic-acid>

Medical Disclaimer

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The information provided within this guide is believed to be accurate based on the best judgment of the authors, but the reader is responsible for consulting with his or her health professional on any matters raised within. We do not assume liability for the information contained within this guide, be it direct, indirect, consequential, special, exemplary, or other damages.

It's advisable to consult your physician before changing your diet, starting an exercise program, or taking supplements of any kind.