

A close-up photograph of a clear glass filled with water. A slice of lime is at the bottom of the glass. Water is being poured into the glass from the top, creating a stream of water and many bubbles. The background is a plain, light-colored surface.

Better Hydration

GUIDE

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WELCOME

MEET YOUR NUTRITIONIST

HELLO, I'M SO GLAD YOU ARE HERE! MY NAME IS BECKY. I HAVE A CERTIFICATION AS FUNCTIONAL NUTRITIONAL THERAPY PRACTITIONER AND BOARD CERTIFIED HOLISTIC NUTRITIONIST CANDIDATE®. AS A FUNCTIONAL NUTRITIONIST, I USE THE POWER OF REAL FOOD TO HELP MY CLIENTS FEEL THEIR BEST!

I HAVE ORGANIZED THIS GUIDE TO HELP YOU IMPROVE YOUR HEALTH AND BE BETTER HYDRATED. WATER IS THE MOST IMPORTANT NUTRIENT IN THE BODY AND IS ESSENTIAL FOR THE BODY TO FUNCTION PROPERLY AND THRIVE!

FOR A DEEPER UNDERSTANDING OF THE IMPORTANCE OF PROPER HYDRATION, I HAVE INCLUDED SOME OF THE KEY ROLES THAT WATER PLAYS AS WELL AS TIPS AND RECIPES. DRINK UP FOR BETTER HEALTH AND HYDRATION!



Xo Becky

Keys Roles of Water

in the body..

01

Transports Nutrients

Water transports nutrients through out the body and in and out of our cells. It is involved in the biochemical breakdown of food and extracting the nutrients. It dissolves these soluble nutrients and transports them around the body.

02

Supports Digestion

Water is a key component to saliva and gastric juices. Water helps prevent constipation by moistening the stool to allow for easier movement through the intestines and out of the body.

03

Lubricates & Cushions Joints

Water aids in lubricating and cushioning our joints. It protects organs and body tissue by acting as a shock absorber, especially for the eyes, brain, and spinal cord.

04

Helps Maintain pH & Electrolyte Balance

Our bodies must maintain a very specific pH of 7.4. Higher or lower pH leads to dysfunction and imbalance of the body's systems. Water is a reactant that maintains pH at 7.4. Water is also essential to maintaining electrolyte balance which must be kept at certain levels to allow and maintain water in our cells.

05

Regulates Body Temperature

Water helps regulate our internal body temperature. It cools the body by evaporating water to the surface of the skin and initiating the process of sweating.

06

Aids in Detoxification of Toxins

Water is an essential factor in metabolic reactions within the body and helps move waste and toxins out. It helps excrete waste through sweat, urine and poop.

07

Improves Oxygen to Cells

Water acts as a transport for oxygen around the body. It improves blood quality and circulation. Water also moistens oxygen for easier breathing.

08

Empowers Natural Healing Process

Water boosts immune health. When part of the body breaks down or is wounded, water is there to help heal it. Dehydration can lead to slower healing and increased fatigue.

Tips for Better Hydration

Hydrate for Health!

01

Drink Enough Water

Aim to drink 1/2 body weight in ounces of H₂O a day. A 150 lb person would need 75 ounces of clean water. Allow more if physically active. Remember that It's ok to take baby steps- set a goal and slowly increase your intake. * Avoid drinking more than a gallon per day

02

Consider a Good Water Filter

Tap and well water can harbor pollutants like bacteria and heavy metals. Added fluoride and chlorine can interfere with mineral balance and thyroid function. Reverse osmosis, Aquasana, Berkey & The Pure Company are good filter options to consider.

03

Drink Mineral Rich Water

Water depends on electrolytes for proper absorption. Add trace mineral drops, a pinch of sea salt or teaspoon of maple syrup to your water. Bottled spring water like Fiji Water and Mountain Valley are great options.

04

Eat Water Rich Foods

There are many water rich foods that help you stay hydrated. Watermelon, strawberries, cantaloupe, peaches, oranges, cucumber, lettuce, zucchini, celery, tomatoes, bell peppers, cauliflower, cabbage, grapefruit, coconut water, broths and soups are great nutrient dense foods and hydrating foods. Try to buy organic when you can.

05

Avoid Sugary & Caffeinated Beverages

Diuretic drinks like coffee, tea, soda, packaged fruit juices and alcoholic beverages remove water from the body. If you drink a diuretic beverage, add 12-16 ounces of water to your daily intake.

06

Establish a Routine

Make hydration a habit. Drink a 1 cup or 2 when you wake up and drink a small cup every hour. Drink water after every bathroom break. If you need a reminder set an alarm on your phone or download a hydration app like *Drink Water* or *Waterlogged*.

07

Get a Cool Bottle

Finding a cool bottle can be motivational and make hydrating more fun! Glass or stainless steel are better options.

08

Add Some Flavor

Add fresh or frozen fruit to your water for some extra flavor. Herbs like mint or basil & extras like sliced cucumber are yummy options. Adding mineral rich maple syrup is a tasty option. Try flavored sparkling water like *Waterloo* or organic caffeine free tea.



HYDRATING SMOOTHIE

1-2 SCOOPS + 1 CUP + 1 CUP

PROTEIN

- Great Lakes Collagen
- Garden of Life Grass-fed Collagen Protein
- bone broth collagen
- grass fed whey

LIQUID

- almond milk
- coconut milk
- filtered water
- coconut water

FRUIT

- frozen berries
- apples
- frozen 1/2 banana
- frozen cherries

BOOST IT

- chia seeds
- flax seeds
- pumpkin seeds
- cacao
- nuts
- greens
- MCT oil
- flax oil
- avocado



ELECTROLYTE LEMONADE

INGREDIENTS

- 1 3/4 cups of filtered water
- 4 teaspoon maple syrup or honey
- 1/4 -1/2 teaspoon Celtic sea salt
- 1/2 teaspoon of Frontier cream of tartar
- 1/4 cup hot water
- 4 tablespoon of lemon juice
- juice of a lime (optional)
- juice of an orange (optional)

METHOD

- In a quart jar, dissolve maple syrup/honey & salt in the hot water.
- Add the water, citrus juices, & water. Add Ice and stir.

Electrolyte lemonade is a healthy & tasty alternative to sports drinks. It offers a balance of electrolytes which help the uptake and absorption of water to keep you hydrated.



ADRENAL COCKTAIL

INGREDIENTS

- 4 oz of fresh orange juice
- 1/4 teaspoon of Frontier cream of tartar
- 1/4 teaspoon of celtic gray salt
- 1 scoop of Great Lakes grass-fed collagen

METHOD

- Place all ingredients in blender
- Blend all ingredients together
- Enjoy!

For creamsicle version add 2 tablespoon of coconut milk .
Can be made into popsicles.

This is an adrenal nourishing and hormone healing drink. Sip in the afternoon for a much needed energy boost.



BONE BROTH

INGREDIENTS

- Carcass of pasture raised chicken or 2-4 lbs of beef bones
- 2 TB of apple cider vinegar
- 1 onion chopped
- 1 celery stalk chopped
- 1 cup of carrots chopped
- 1 teaspoon of rosemary or thyme
- sea salt & pepper to taste
- Filtered water to cover bones

METHOD

- Place in crockpot and simmer for 12-24 hours on low
- Strain and cool
- Can be stored in fridge or freezer
- Sip at least 1 cup a day

Will gel when cold.

Can freeze in silicon cupcake pans and then stored in freezer bag to be used as desired. Bone broth is a very hydrating & healing nutrient dense food that is rich in minerals, collagen and water. It offers warm comfort to the soul and body.

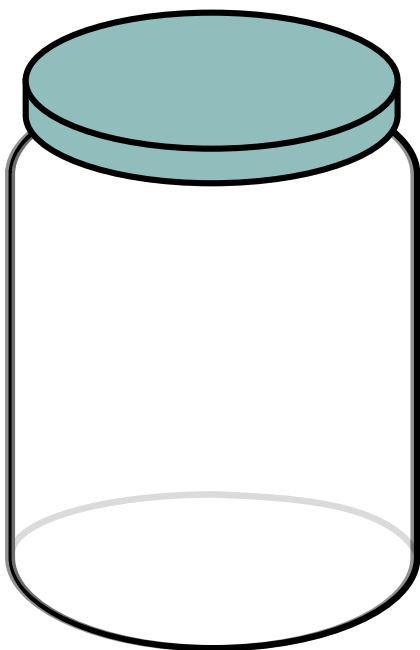
HYDRATION CHALLENGE

CALCULATE YOUR TOTAL DAILY WATER INTAKE GOAL.

$$\frac{\text{weight in lbs}}{2} + \text{oz caffeine} = \text{oz water / day}$$

CHOOSE A WATER BOTTLE, OR GLASS THAT SHOWS HOW MUCH WATER IT HOLDS.

$$\frac{\text{oz water / day}}{\text{oz in container}} = \text{containers / day}$$



Divide this jar into that number of segments and shade it in as you track your water intake over the next 24 hours.

Is this more than usual?

Less than usual?

What is the quality of your water?
Do you need to add electrolytes to actually quench your thirst?

HABIT TRACKER

HABIT: _____

MONTH OF: _____

S M T W T F S

WEEK ONE



WEEK TWO



WEEK THREE



WEEK FOUR



NOTES

DO YOU WANT

Even More?



Work With Me!

Work with me 1-on 1 for a more customized plan based on your health concerns & goals. I'm passionate about the power of real food and helping my clients feel their best! Contact me to see how I can support you on your health journey.

[CONTACT ME HERE!](#)

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