



# Nine Steps To Healthy Lifestyle

## Step 3: Importance of Proper Hydration Most important drink... and why?

With 80 percent of the country walking around dehydrated, I do not want you to be part of that statistic!

Even mild dehydration makes you more susceptible to viruses. When your body is hydrated, drainage from allergies and colds doesn't stick and collect in your throat and lungs. Don't wait until you're thirsty to have a drink – you are already dehydrated if you feel thirsty.

If you drink too much coffee, tea, and sodas containing caffeine, just remember that caffeine prompts the body to lose water and act like thieves that steal water from your body. You'll need to drink a few extra glasses of water to make up for the water that these diuretic beverages "leech" from your system.

Remember that water is pure liquid refreshment and accounts for a large percentage of what makes each of us "human."

Water makes up:

- 75% heart and muscles
- 83% brain, blood and kidneys
- 86% lungs
- 95% eyes
- 22% bones



### **Step 3 Assignment:**

Review the **guidelines** and **tips** on the importance of making purified water your main beverage on a daily basis. **Answers the questions below** about your current water intake and **choose three tips to increase your water consumption. Commit to making the healthier choice.**

#### **Water Consumption Current Intake:**

I want you to evaluate what you are drinking on a daily basis.

1. How much water are you drinking daily?
2. What else are you drinking and why and when?
3. Do you feel dehydrated? have dry skin?
4. Problems with bowel movements?
5. Headaches?
6. Fatigued?
7. Mental Clarity?
8. Do you wait until you are thirsty to drink?

Start today to add more water to your daily intake.

#### **Guidelines: How staying hydrated with water affects your body:**

- Improve Your Energy
- Increase Your Mental and Physical Performance
- Remove Toxins & Waste Products from your body
- Keep Skin Healthy and Glowing
- Help You Lose Weight
- Reduce Headaches and Dizziness
- Allow for proper Digestion
- Help to keep you more Alkaline



**Tips:**

- Add organic squeezed lemon to your water

One of the simplest detox tips you can do on a daily basis is what I call the lemon water detox. We are surrounded by toxins in our air, environment, food, and water. Our detoxification organs have a busy job trying to remove these toxins from your body to keep you healthy. You can feel and see the signs of a toxic body ranging from feeling fatigued, dry skin, acne and mentally foggy are just a few symptoms. Why not assist your body in the detoxification process? Perhaps, if you knew there was an easy procedure for you to implement into your daily regimen then you would try it. Read on, as here it is...

- First thing in the morning, squeeze an organic 1/2 lemon into lukewarm water and drink. Try not to eat for another 15-30 minutes. The 'lemon' water will help flush out the toxins from your liver, cleanse your intestines and skin. Once you get into the habit of drinking your lemon water in the morning each day, you may start to feel and see the benefits. This is a really simple healthy habit to add to your daily regime.
- Add unsweetened Lakewood cranberry juice and stevia to flavor your water
- Add cucumbers, lime, lemon, apple slices to a water pitcher and refrigerated to naturally flavor the water.
- Juice with green leafy vegetables; add in some cilantro and parsley to assist with detoxification.
- Keep or carry water with you at all times, in your bag, office, at home
- Remember not to leave water bottles in your car when the weather gets hot.



### **Beware of Toxins in Tap Water:**

The tap water in many cities pose a health risk to humans and pets and sometimes the truth of what's really in our tap water does not get disclosed. Some sources of our tap water are not adequately protected and some rely on pre-World War I-era delivery systems and treatment technology.

The main problems with tap water are:

Chlorine

Fluoride

Other contaminants (PCBs, THMs, radon, perchlorate, heavy metals such as lead and arsenic)

Trihalomethanes, or THM's, include chemicals such as chloroform, bromoform and dichlorobromethane, all of which are extremely carcinogenic even in minute amounts.

Chloramine: Chloramine is another substance used now in many larger municipalities.

Here are some other issues:

It is estimated that 90% of all pharmaceutical drugs ingested are not metabolized, and leave the body in urine or feces. Pharmaceutical drugs are showing up in our tap and ground water. Environmental officials state that there is no real danger with the 'low' levels of the drugs found in tap water but there is no research of studies to assess the mix of these drugs is safe and at what level.

The following drugs have been found in our wells and ground water:

- Lipid lowering drugs
- Analgesics
- Chemotherapeutic drugs
- Antibiotics
- Hormones
- Acetaminophen (pain killer)
- Carbamazepine (anti-convulsant)
- Cotinine (nicotine byproduct)
- DEET (insect repellent)
- Diltiazem (high blood pressure)
- Gemfibrozil (high cholesterol)
- Ibuprofen (pain reducer)
- Iopromide (medical imaging contrast)
- Meprobamate (sedative)
- Paraxathine (stimulant)
- Primidone (anti-epileptic)

Checkout the [map](http://www.nrdc.org/water/drinking/uscities/map.asp) and grades assigned to cities that were surveyed in 2001: <http://www.nrdc.org/water/drinking/uscities/map.asp>



***Added Bonus:***

If you want me to review your current liquid intake then keep a beverage journal for a day.

Share you latest creative water beverage creations!

Looking forward to you reaching total pure hydration!

*This is based off the fuller training provided by Nancy Guberti at <http://nancyguberti.com/nine-steps-healthy-u-2015>*

*After registering then you can watch her video there to fully utilize and leverage this worksheet.*



**CONGRATULATIONS for completing Step #3!**

**Next is Step Four:**

**Introduction to Nutraceutical Regime and  
what core basics are most important**



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