

# **DIY** Health: Why Rehydration?

Because dehydration causes:

- Constipation
- Lymph congestion
- Fatigue and headaches
- Poor cellular respiration
- A congealed extra cellular matrix (ECM)

# How much water do I need?

Men need 96 oz/day

Women need 72 oz/day

in addition to the water already in food

# DIY Health: hydration

Adequate hydration is required for radiant skin & healthy bowels!

- ◆ Set up 8 8oz jelly jars where you can see them
- ◆ Fill with pure clean room temperature water
- ◆ Sip 1/2 glass (4 ozs) every 1/2 hour, all day
- ◆ SIP, don't gulp - take a full 30 minutes to sip each 1/2 glass
- ◆ Set a timer to remind you to start a new glass
- ◆ Finish all 8 glasses
- ◆ If you can't finish a glass tart over with the next glass - to check your hydration progress at the end of the day



If you know you're  
dehydrated start with warm  
water

# Why warm water?

- When you're dehydrated your intestinal lining won't absorb water very well
- To create a porous and absorptive surface drink warm boiled water
- Drink warm water throughout the day
- Take 1-3 small sips every 10-15 minutes
- Warm-to-hot water is more cleansing than cold water, simulating the flow of respiratory & digestive mucus

