



Rebuilding Wellness

with Sue Ingebretson

Personal Hydration Tip Sheet

How to drink and distribute your water consumption throughout the day

Tip #1: Sip room temperature or warmed, pure, clean, filtered water (i.e., heavy metals and toxins taken OUT ... minerals left IN).

Tip #2: Drink 16 ounces upon waking. *Glug, glug!* Then sip the rest of your allotment throughout the day. *Sip, sip, hooray!*

Tip #3: Drink from a measured container to make tracking easy.

Tip #4: Experience infused flavor enhancements by adding fresh organic citrus juice, cucumbers, berries, or fresh herbs such as mint.

Tip #5: Determine how *much* to drink. Convert your weight from pounds to ounces. Then divide by 2. (EXAMPLE: 150 pounds = 150 ounces. Divide by 2 = 75 ounces.) Of course, this is an estimation only. Adjust for your individual activity level and/or your personal hydration needs.

Tip #6: Follow the chart below to hydrate throughout the day. Note that very little water should be consumed with meals (about 4 to 6 ounces). Additionally, limit your water consumption for about 20 minutes before meals and at least an hour after meals. Don't slow down your digestion with liquids. *Let your digestive juices do their thing!*

Tip #7: Important note -- to avoid nighttime trips to the bathroom (and disrupted sleep) you may need to adjust a cut-off time for when to stop drinking water before bed. Experiment for your individual needs. You may be able to drink right before bed – or not.

Tip #8: Just a head's up here. If you're not currently a water drinker, and then start to drink significantly more, you may experience, a-hem, frequent trips to the bathroom ... **at first**. This phenomenon should adjust on its own and normalize as you become properly hydrated.

-- This chart is provided as a simple guideline – adjust to whatever practice suits you best --

Glug Upon Waking	Sip With Breakfast	Sip, Sip Between	Sip With Lunch	Sip, Sip Between	Sip With Dinner	Sip, Sip Before Bed
16 ounces	~4 ounces	20 ounces*	~4 ounces	20 ounces*	~4 ounces	8 ounces*

*Estimate totals are based on a person weighing 150 pounds. Make adjustments accordingly to suit your own hydration needs.