

Drink only clean filtered water

Water is the most important nutrient that we have to consume, be sure that it is as clean as you can manage. Most people I meet at my clinics display signs of dehydration. To fully hydrate your body and support detoxification pathways at the cellular level will take some four weeks or more. Follow these guidelines carefully, stay well hydrated throughout life and you will add energy, vitality and healthy living to life.

Use quality mineral water or install a high quality inline water filter to your drinking water kitchen tap. I do not personally recommend drinking municipal tap water.

Steam Distilled water can be drunk for short periods.

My objective in the following water guidelines is for you to maintain consistent cellular hydration without disturbing digestive breakdown of foods. Provided your kidneys are in good order and you have no symptoms of water accumulating in your lungs, the following rules should be applied.

There are the five basic water rules you have to follow:

1. Never drink large quantity of water with food.
2. The exception is when taking medication or supplements
3. Drink water first thing upon rising in the morning
4. Drink more water 30 minutes before each meal – breakfast, lunch, dinner
5. Drink more water 1.5 or 2.0 hours after each meal

This is what you do:

- Drink 2 large glasses of warm or room temperature water as soon as you awake in the morning, adding the juice of one lemon or lime (if tolerated) and a cube of crushed fresh ginger (if tolerated).
- If you are prone to constipation drink these first two glasses a little warmer
- Drink water away from meals. Remember, drinking large amounts of liquid with meals will dilute your stomach acids and digestive juices and enzymes; thus preventing complete digestion and may contribute to digestive disorders and nutritional deficiencies.
- Drink a glass of water 30 minutes before mealtime and another about two hours after each meal.
- A small glass of water taken with medication/supplements at mealtime is OK.
- As an adult with an average build, aim to drink a minimum of eight 10 oz glasses of water a day.
- If you are petite, eight 8 oz glasses are OK;
- If you are large build or overweight you should increase the quantity.
- If you are exercising, or engaged in strenuous activity you will need to drink more water before, during and after this activity.
- Working or travelling in an air condition environment causes dehydration, so drink more.
- If it's hot drink consistently more.
- Remember **only water is water**. Tea, beer, coke, sparkling mineral water, fruit or vegetable juice or other drinks is not the same as water; in fact, coffee, coke and alcohol causes your body to dehydrate.
- As a general rule drink about 30 mls of water to every kg of body weight
- **'Take 8 and feel great'**