

DRINK MORE WATER



Eat, Sleep, Drink Water, Repeat!

Since the body is around 60% water, its quite important to stay well hydrated. If not, you end up walking around in dehydrated state, which makes you feel lethargic, headachy and annoyed.

Therefore, you need to stay on top of good habits like drinking water. We live in a part of the world where clean water is readily available, but many of us are still water deficient.

Water is responsible for so many essential functions, such as quenching thirst, carries nutrients and oxygen to our cells, flushes toxins out and regulates body temperature. Additionally, and most importantly it detoxifies and moisturises the air in our lungs, which this shitty COVID-19 virus is trying to get into. Therefore, help the body out by getting a head start.

Another interesting point to bring up is If you suffer from skin problems like eczema/psoriasis. Upping water intake could be an effective way of reducing redness and improving the appearance.

A useful tip to monitor your intake of water, is carrying a bottle around. Although, Don't be tempted by pre-flavoured bottles as most contain sugar or sweetness and artificial flavours.

Remember the recommendations say drink between drink 2-3 litres a day can, which can feel daunting, long winded and causes endless trips to the bathroom. However, try your hardest to get into a new habit.

The best way to have water is filtered. This is because tap water can contain metals and chemicals. However, this can make people think water can be quite boring and flavourless.

Thats why I use different techniques to get myself away from the negativity.

Firstly, I recommended buying Pink Himalayan Salt and dip it into the water. Pink salt has 84 trace minerals and elements that are found in the body, which include sulphate, magnesium, calcium, potassium and sodium. This is crucial because vigorous exercise depletes the sodium levels and replacing after training is crucial.

Other benefits are the pink salts:

- boost hydration resulting in fresh and vibrant skin.
- Strengthen immune system to make you resistant to infections and allergies.
- Heal skin disease and reduce toxins.

Another tip is Infusing water using fresh fruit, herbs and veg. This is a perfect way to make water more interesting. They are free from refined sugar and have no artificial colours or flavours. They come with wide range of benefits and taste delicious

Make it by washing the fruit and veg then slicing. Put the ingredients in a large glass/jar, add ice and fill with water.

Usually it takes around 30 mins to 1 hour for flavours to develop and most combinations can be kept in fridge for few days.

Here are some examples below. Although if you want to try your own let me know what you do.

- 1) Watermelon, cucumber and mint
- 2) Cucumber, raspberry and basil
- 3) Rosemary, apple and blackberries
- 4) Lemon, ginger and Manuka honey.
- 5) Rhubarb, pear and cinnamon

Have a good day experimenting!!