

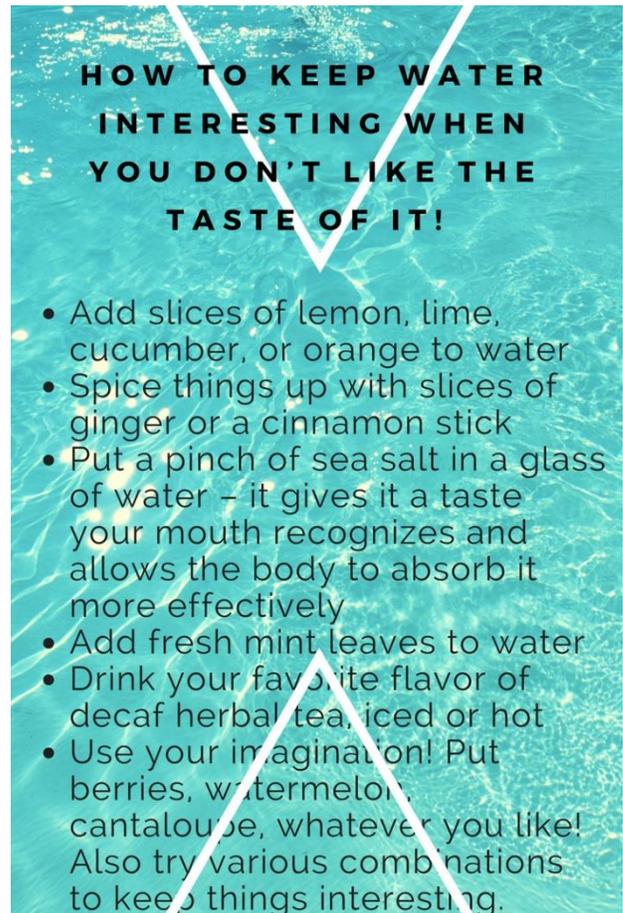
The “How To” Water Guide

How Much Water to Drink:

- A general guideline is to drink about 8-10 glasses/cups per day for maintenance (This is about 2-2½ Litres)
- Of course, there is a HUGE variation between people based on:
 - Diet
 - Activity level
 - Climate
 - Other hydrating liquids consumed (herbal tea, coconut water, etc.)
 - Dehydrating liquids consumed (caffeine & alcohol)
- You can tell that you’re drinking enough water when:
 - Urine is on the light side - If the urine is dark and there’s not much of it, then you’re likely not drinking enough water
 - Urine is abundant
 - You need to empty your bladder about every two or three hours
 - NOTE: When you when you first start to increase water consumption, you WILL be in the bathroom more often than you’re used to, but that will only last a few days and then the body will adjust

How to Drink Water When You Don’t Like The Taste Of Water:

- Add slices of lemon, lime, cucumber or orange to water
- Spice things up with slices of ginger or a cinnamon stick
- Put a pinch of sea salt in a glass of water – it gives it a taste your mouth recognizes and allows the body to absorb it more effectively
- Add fresh mint leaves to water
- Drink your favorite flavor of herbal tea, iced or hot
- Use your imagination! Put berries, watermelon, cantaloupe, whatever you like! Also try various combinations to keep things interesting.
- Drink hot water with lemon and ginger
- Add 1-2 drops of doTERRA citrus essential oils to your water to keep it fresh! Lemon, Lime, Grapefruit, and Wild Orange are all great choices.



Bonus “How To” Tips for Water:

- Drink 1-2 glasses of water first thing in the morning.
 - You’ve been asleep for 6 to 10 hours, so it’s time to hydrate!
 - This can even replace morning coffee, as rehydrating the body and brain will lead to clearer thinking and better energy.
- Use a beautiful drinking glass or bottle – something that’s just for your water. Make it beautiful and pleasurable to think about and carry with you!
- When traveling always carry water with you! That way you’re not tempted to indulge in caffeinated or sugary drinks and you keep drinking enough through the day
- Keep a lovely pitcher of filtered water in your fridge at home or near your workspace with the amount of water you want to drink each day
 - This makes it easy to remember to drink water and to track your intake
- Drink a full glass of water before exercise and sip throughout your activity
- Bottles, bottles everywhere! Keep glass bottles of water in your car, at the office, or around your work areas
- If you can’t access a filter for your water, then let drinking water stand at room temp for an hour or more. This reduces the amount of chlorine in drinking water, as the chlorine will evaporate
- If you have digestive challenges, drink most of your water between meals

A Quick Note on The Healthiest Kinds of Water:

- **The fact is ANY water intake is good water intake!** But once you’ve got this 8-10 glasses a day thing down, it may be time to consider what specifically is in that water you’re consuming.
- Filtering water improves the taste and smell of water, often by reducing chlorine, which is added to kill harmful bacteria. Some filters can also reduce other contaminants such as lead, benzene, MTBE, chloramines, and PCBs.
- There are many types of water filters as well as many types of technologies. Finding the “best one” depends on the amount of space you can afford, your budget, and the specific water contaminants in your area.
 - This can be as simple as buying a re-usable water bottle with a carbon filter inside, attaching a filter to your kitchen tap, or installing a household unit under the sink.
- Using a filter at home with re-usable bottles means you can ditch those disposable plastic bottles which have been found to leach many carcinogens and hormone disruptors into the water before you ingest it