

Water Hydration Guideline

1. Motivation:

Hydration is essential for optimal body function. Water is the cornerstone of our metabolism, digestion, detoxification, and energy production. Staying hydrated helps you feel more energised, aids digestion, supports clearer skin, and promotes overall health. When you drink enough water, you're giving your body the best fuel to thrive—just like putting the right kind of fuel in a car!

2. Method:

For most people, a good rule of thumb is to aim for at least 30ml of water per kilogram of body weight each day. For example, if you weigh 70kg, aim for 2.1 litres of water a day. If you're active, pregnant, breastfeeding, or experiencing a health condition, you may need more.

Tips for getting it right:

Start your day with a 2x glass of water to kickstart your metabolism.

Keep water with you every day.

Invest in a quality stainless steel or glass water bottle.

Are you a sipper or a guzzler?

Sippers: Drink water consistently throughout the day—sip it regularly however you must monitor how much you are actually drinking. Sipping constantly may trick yourself into thinking that you have drunk more water than you actually have.

Guzzlers: Know how many glasses of water you are required to drink to fill your quota. Drink away from meals so that you are not diluting your stomach acid.

3. Mindset:

Think of water as the base of your healthy routine, not a burden. Keep a water bottle on hand so you can easily sip throughout your day. Remember that the simple act of staying hydrated helps with your energy, mood, and mental clarity.

4. Measurement:

Monitor your hydration by checking your urine. Ideally, it should be pale yellow. If it's darker, you may need to increase your water intake. Conversely, clear urine may indicate over-hydration, so listen to your body and adjust accordingly.



What About Other Beverages?

Coffee/Tea: While coffee and tea can feel like they hydrate, they also contain caffeine, which is a mild diuretic and can increase your urine output. Try to limit caffeine to 1–2 cups a day to avoid dehydration. Aim to make these long black coffees without added milks or sugars

Juices: While fresh juice contains water, it also packs natural sugars that can cause blood sugar spikes. For the best hydration, stick to water.

Alcohol: Alcohol is dehydrating, as it inhibits the production of antidiuretic hormone (ADH), making you urinate more frequently. If you choose to drink alcohol, always balance it with extra water to prevent dehydration.

Mineral Water: You may choose to have a glass of plain sparkling mineral water for something different during the day, however pure water is key.

Pure Water in the Metabolic Balance Process

In the Metabolic Balance (MB) process, pure water is crucial. This supports detoxification, optimal digestion, and the overall metabolic process.

For best results, avoid substituting water with other beverages during this program. Stick with water to fuel your body's natural functions and maximise your results.

How Water Supports Metabolism

Water plays a crucial role in supporting your metabolism—essentially, your body's ability to convert food into energy.

Without proper hydration, your metabolism can slow down, making it harder to burn calories and maintain energy levels throughout the day.



Here's how water helps:

Boosts Thermogenesis: Drinking water increases the energy expenditure of your body, a process known as thermogenesis. When you drink cold water, your body has to work harder to warm it to body temperature, which increases calorie burning for a short period.

Aids in Digestion and Nutrient Absorption: Water helps break down food and nutrients so your body can absorb them properly. Adequate hydration ensures that your digestive system functions efficiently, preventing bloating and supporting the smooth passage of food through your gut.

Regulates Blood Sugar Levels: Proper hydration helps your kidneys filter excess sugar from your blood, preventing spikes in blood sugar levels that can interfere with your metabolism. Drinking water regularly supports your body's insulin function and helps maintain stable energy levels.

Supports Detoxification: Your liver, which plays a key role in your metabolism, relies on water to process and eliminate waste products. Staying hydrated allows your body to flush out toxins, preventing them from interfering with metabolic processes.

Prevents Overeating: Sometimes, dehydration is mistaken for hunger, leading you to eat more than your body actually needs. Drinking water before and during meals can help curb appetite, preventing unnecessary calorie consumption and supporting healthy weight management.

By keeping your body well-hydrated, you're giving it the foundation it needs to run at its best, ensuring your metabolism functions optimally.

Pure water is one of the most effective tools for energising your body and maintaining balanced, sustainable health.

Remember:

hydration is an ongoing habit that supports your journey to health, energy, and balance.

***Keep sipping, stay mindful, and
Cherish yourself—you deserve it!***



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