

Hydration for Health

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You always have the opportunity to listen to your body to know what it needs and what it doesn't need. You can learn to trust your body again.

When you start pushing in beneficial foods and beverages, you can start the process of taking your health back. Hydration is a great place to begin.

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## **Hydration for Health**

Since dehydration can be passed from one generation to the next, it's a foundational issue to clean up. The effort to hydrate properly is worth it when you realize it affects every process in your body.

Have you ever felt thirsty and drank a huge bottle of water, only to feel it move right through you? Not all water is hydrating. The bio-electrics of water are important if you're going to absorb fluids.

You're a bio-electric being and drinking non-living water does not help you hydrate.

## **Good Quality Water**

Not all water is of high quality. A filter system that gets rid of toxins, heavy metals, chlorine, fluoride and pathogens while leaving as much organic mineral is the best choice.

Minerals are another part of water being beneficial and hydrating. You can add high quality concentrated trace minerals to the water you drink. Or add just a couple grains of powdered kelp.

Both will contribute to the necessary minerals you need to keep your system working well.

Bottled water often contains chemicals that leach out of plastic and the water can be inferior in the first place.

If you are looking for a filter and you want to know the filter I use, go to this website. <https://www.berkeyfilters.com/>

## **Why Hydrate?**

You're exposed to more environmental toxins than ever before. Hydration is one of the main keys in helping the body detox and remove the accumulation of toxins.

When you're hydrated, the body works more efficiently and can better do what it's designed to do.

The benefits of being hydrated properly look like; easier cleansing, stronger immune system, better digestion, happier skin, and positively impacts many other functions of the body. Being hydrated can also help alleviate anxiety and depression.

When you make soup and take the cooked food out, the broth is neutral. Same with tea when the water has been boiled, the liquid is neutral. So while it's nutritional, it's not hydrating. At least it's not dehydrating.

### **Taking your Health back!**

Consume liquids that are hydrating, nutritional and medicinal, assist in reclaiming your health. Focus on discovering foods and fluids that are hydrating, nutritional and medicinal.

Add more coconut water to your daily routine, especially if you exercise lots.

This ensures your path is most efficient and effective.

In the beginning, it's beneficial to give your body more living fluids than you think you need. Soon, your body will start processing these fluids more effectively and chronic dehydration can be turned around.

See the recipes that follow, especially the lemon-honey-ginger water. It's my favorite because it covers so many aspects as a foundational drink. I like to think of this drink as my fountain of youth elixir!

Following are a few recipes to help make hydrating fun and effective.

## **Lemon Honey Ginger Water**

*Serves 1*

- 1 fresh squeezed lemon
- 1-2 TBSP raw unpasteurized honey
- ¼ - ½ peeled, grated or sliced ginger root (I use a ¼ “peeled & sliced).
- 24-36 oz of room temperature filtered water

**OR**

*Recipe serves 1 person all day or to be shared (Start your day with 16-24 oz.)*

Use a 64 oz glass Ball jar

- 4 medium sized fresh squeezed lemons
- 4 – 6 heaping TBSP raw unpasteurized honey
- ¼ - ½ peeled, grated or sliced ginger root (I use a ¼“ peeled & sliced).
- 64 oz of room temperature filtered water

Mix together and hydrate. (Tip: If honey is solid, put in a small bowl and add a bit of filtered water to it. Mix it until dissolved. Then add honey to the jar of water). (Tip: If using a 64oz. glass Ball jar, after you have dissolved the honey in a bowl with a little water, you can add it to the Ball jar and shake the jar up to combine the honey).

Not only does this combination hydrate, but it’s digestive, nutritional, cleansing and supportive of your body.

This serves as a great start to the day. If you can drink this combination 2-3 times a day, progress can be made quickly, and detoxing can be less noticeable.

## Sun Tea

*Makes 8 cups (64 oz glass Ball Jar)*

- $\frac{1}{5}$  cup (or 2 tea bags) lemon balm
- $\frac{1}{5}$  cup (or 2 tea bags) nettles
- $\frac{1}{5}$  cup (or 2 tea bags) rose hips
- $\frac{1}{5}$  cup (or 2 tea bags) hibiscus flower
- $\frac{1}{5}$  cup (or 2 tea bags) of any of the following to taste milk thistle, thyme, red raspberry, licorice root, star anise, or tea of choice

$\frac{3}{4}$ -1 cup loose tea or 8 – 10 tea bags per  $\frac{1}{2}$  gallon (64 oz) of water

### OR

- $\frac{1}{4}$  cup lemon balm (or 2 tea bags)
- $\frac{1}{4}$  cup nettles (or 2 tea bags)
- $\frac{1}{4}$  cup rose hips (or 2 tea bags)
- $\frac{1}{4}$  cup red raspberry (or 2 tea bags)

$\frac{3}{4}$ -1 cup loose tea or 8-10 tea bags per  $\frac{1}{2}$  gallon (64 oz) of water

### OR

- $\frac{1}{2}$  cup lemon balm (or 4 tea bags)
- $\frac{1}{4}$  cup nettles (or 2 tea bags)
- $\frac{1}{4}$  cup red raspberry (or 2 tea bags)

$\frac{3}{4}$ -1 cup loose tea or 8-10 tea bags per  $\frac{1}{2}$  gallon (64 oz) of water

### OR

- $\frac{1}{2}$  cup lemon balm (or 4 tea bags)
- $\frac{1}{4}$  cup nettles (or 2 tea bags)

## OR

- ½ cup nettles (or 4 tea bags)
- ½ cup peppermint (or 4 tea bags)

## OR

- ½ cup rose hips (or 4 tea bags)
- ½ cup hibiscus (or 4 tea bags)

Set out in sun in the glass jar, covered for a minimum of 3 hours, but up to 8 hours. (Set on the grass if possible to absorb the free electrons from the earth).

Strain, add raw unpasteurized honey, and enjoy warm or after chilled in refrigerator.

This drink is very hydrating and medicinal, especially if adding; lemon juice, lemon or lime slices, or fresh berries.

Any remaining tea can be refrigerated for up to 3-4 days.

Wonderful with lemon juice added or added to juice, making it hydrating in addition to its medicinal properties.

I enjoy Mountain Rose Herbs loose tea. <https://mountainroseherbs.com/>

I have also enjoyed Traditional Medicinals tea in bags when loose tea isn't available. <https://www.traditionalmedicinals.com/>

**NOTE:** In the cooler months, you can even let the tea brew naturally on your kitchen counter for 3-8 hours.

## **CELERY JUICE**

**IMPORTANT!** Start with 2 oz. a day for a few days. Add another oz. every few days until reach 16 oz. If you start too quickly, you may have fast die-off that can make you feel sick. Listen to the pace your body tells you. Back off when you need to.

### **Celery Juice**

*Serves 1*

- 1-1 ½ bunches of celery

Juice celery. Celery juice oxidizes very quickly so it's best to drink immediately.

If you don't have a juicer, use a blender. Chop celery in chunks, and add a bit of water to blend. Strain with a nut milk bag and drink.

### **Coconut Nutritional**

*Serves 1*

- 2 cups coconut water
- 1 tsp Hawaiian spirulina (Start with ¼ tsp. so you don't detox too fast).
- 1 tsp raw unpasteurized honey

Blend and enjoy.

**Optional:** use barley grass juice powder (Vimergy), in part, or to replace the spirulina.



## Watermelon Mint Lemonade

*Serves 2-4*

- 3 fresh squeezed lemons
- 1/2-1 cup watermelon chunks (or strawberries)
- 1 medium sized sprig of mint (about 8 leaves)
- 2-3 TBSP raw unpasteurized honey
- 4 cups water

Blend, pour over ice and enjoy.

**Hint:** I use a Vita-mix but if you are using a regular blender start with the herbs and 1 cup of water to blend the fresh herbs fully.

Give new meaning to the term '**Drink up**'!

Be creative! And share other great combinations you come up with!

True health can be attained, and I can help you.

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