



Drink Up!

Nearly 75 percent of the American population falls short of the 10 daily cups of water prescribed by the Institute of Medicine which, in medical terms, means that most people in the U.S. are functioning in a chronic state of dehydration.¹ (Other countries will differ in percentage of dehydration and prescribed amounts to drink. Access to clean water also impacts dehydration.)

“60 percent of our bodies is composed of water, 75 percent in our muscles, 85 percent in our brains, it’s like oil to a machine,” explained Dr. Roberta Lee.²

As energy workers, we know that vibrations are carried by water. Isn’t that part of why we provide a glass of water to clients after a session? If we are facilitating vibration, it is exponentially important for us to remain hydrated. So how we can we drink more? Make it a game!

I used this method to build my hydration habit and have taught it to many clients. First you will need to determine how much to drink per day. There are a few ways to determine that magic number of ounces or liters. According to some authorities, divide your body weight by two and that is the number of ounces of water you should drink per day. Some use the 8 x 8 rule: eight 8-ounce glasses

(64 ounces or about 2 liters total). Others say you should urinate every hour or two and that urine should be faint to light yellow. Find the method that resonates with you and determine how much water to drink per day. HINT: if you decide to measure by how many times per day and color of urine, document the following until your urine is a healthy light yellow.

- How much water is consumed per hour
- How often you urinate
- Color — pick a scale and be consistent. You can get paint chips at the store to help you gauge.

Once your urine is a healthy color and you are urinating every hour or two, keep track of how much you are drinking over a three-day time span. Then average that amount. This method will account for bringing you to a hydrated state if you are dehydrated. If, when you begin, your urine is light yellow and you are urinating every hour or two, then just skip to averaging.

Whichever method you use, remember to adjust for lifestyle changes such as exercise programs, seasonal changes or flying often. Many of us need more water in winter when dry heat permeates our environment. Some experts say that caffeinated drinks and watery fruit can be included in your daily intake. Others disagree. Truly listen to what your guidance (which does not reside in your taste buds!) tells you.

Now...get a re-usable water bottle that you love and some rubber bands. Divide the magic number of ounces or liters you need to drink by how many ounces or liters your water bottle holds. This is the number of times you will need to refill your bottle. This is also how many rubber bands you will need.

Every time you refill your bottle, put a rubber band around the bottle to help you keep track of how much water you drink.


You win the game when all of the rubber bands are on the bottle!

While this might seem silly, it works. We love games. We love to challenge ourselves and to have tangible evidence of meeting our goals.

Another key to hydration is to sip water. When you drink a glassful all at once, your body does not absorb it as well. If your urine is completely clear, then your body is probably not using the water that you drink. Drinking water



first thing in the morning is also very effective in restoring hydration. Yes, drink water before your coffee or tea or morning caffeine. This will hydrate and stabilize your body. What do I mean by “stabilize”? Energetically and mentally, water helps our system to process emotions that our subconscious releases during the night, flushing away what no longer serves us or has thrown us off balance. Physically, water assists with heating or cooling our body, depending on activity and environment. It increases the fullness of blood cells, empowering them to remove waste and use nutrients that bring us back to homeostasis.

I challenge each of you to play the game. Get a water bottle and some rubber bands. Develop the habit. Notice how you feel, changes in energy levels and if how much you consume changes. Feel free to let me know what happens for you by connecting with me on Facebook at www.facebook.com/wildsuccess.us. 



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References

1. Medical Daily, accessed August 15, 2017
2. Ibid