



# HYDRATION



Z L R F I T N E S S  
DISCOVER YOUR INNER WARRIOR

I know you are probably sick and tired of hearing about water.

But, it is so much more crucial to your health aswell as your journey than you may realise.

In this guide we are going to go over:

- Why water is so important to your journey
- Signs of dehydration
- Manageable tips to up your water intake
- The benefits of drinking water
- The implications of not drinking enough water
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By simply upping and focusing on getting adequate amounts of water it can boost your results & aid the weight loss process.

In your journey water needs to be your focus to start with first!!



# Why water is important...

Water plays a huge role in our health and well being, one of the many reasons is because our own bodies are made up of 70% of the substance!

One thing that puts a-lot of people off drinking more water is the regular weeing; please understand this is needed as the water is trying to flush out harmful bacteria & toxins from your gut.

Ideally the average person needs between 2-4 litres of water. However, you must factor in that during the day we sweat and perspire.

As a result this means we lose water just simply doing things like our day jobs, regular exercise & day-day activities.

With this in mind it is always best to aim for around 3-4 litres to ensure you replenish what you lose.

# Signs of dehydration...

The human body is an incredible thing and can send you signals when you are dehydrated/thirsty! Here are some to look out for:

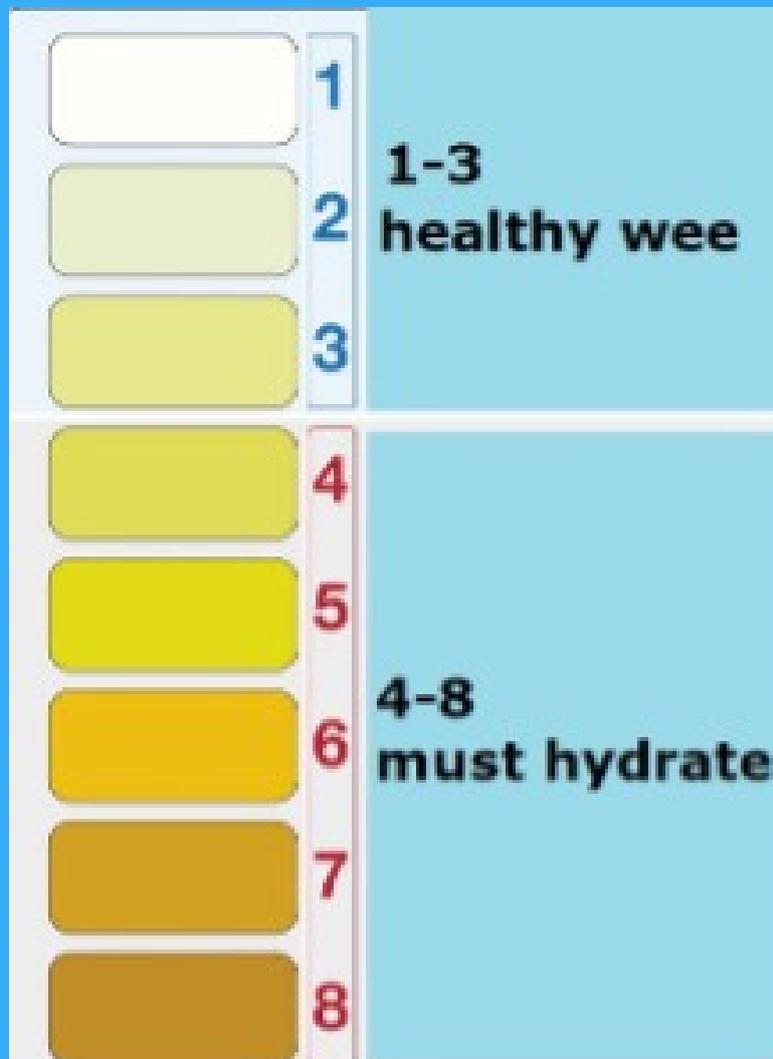
- Urine colour; the colour of your urine can show dehydration, when you are dehydrated your urine will be a very dark yellow colour.
- Feeling hungry a-lot! When we get thirsty our bodies will try to convince us we are hungry when in reality we are in a state of dehydration and need to replenish/hydrate ourselves.
- Extreme fatigue; have you ever felt like you are constantly tired or running on empty? Water is great for energy and can prevent these feelings of extreme fatigue.
- Headaches; when we are dehydrated it can cause us to become tired and unwell therefore can cause headaches.
- Bloating/Inflammation; when we aren't getting enough water it can cause bloating and inflammation of the skin. You may see this on your hands or face for example.

# Signs of dehydration continued...

Your urine can tell you a lot about how your body is doing day-day.

Below I have inserted a Urine Chart so you can recognise the signs of dehydration within your body, when you need to hydrate and when you are at optimum hydration.

Between 1-3 are the colours we should be aiming for & we never want to see a number 8 which will be a very dark yellow.



# Signs of dehydration continued...

When we don't get enough water, you may find that your stool is very irregular.

Every human should be having at least 1-2 stools per day!

This is a sign you are hydrated & the breaking down of food in your digestive system is working optimally!

Stool is essentially the body's way of removing bacteria, toxins and food from the gut that it doesn't require!

Below I have inserted a stool chart which helps you to see normal types compared to irregular types. Drinking water helps you to achieve normal type 3-4 stools. Like I said, this should be happening daily & if it isn't you need to up your water intake!

	Type 1	Separate hard lumps	<b>SEVERE CONSTIPATION</b>
	Type 2	Lumpy and sausage like	<b>MILD CONSTIPATION</b>
	Type 3	A sausage shape with cracks in the surface	<b>NORMAL</b>
	Type 4	Like a smooth, soft sausage or snake	<b>NORMAL</b>
	Type 5	Soft blobs with clear-cut edges	<b>LACKING FIBRE</b>
	Type 6	Mushy consistency with ragged edges	<b>MILD DIARRHEA</b>
	Type 7	Liquid consistency with no solid pieces	<b>SEVERE DIARRHEA</b>



# Tips to up your intake...

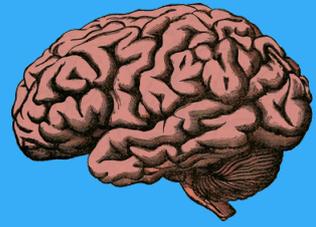
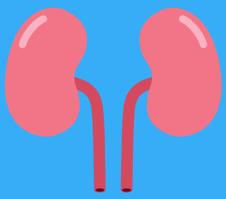


So, why do we struggle to drink?

Well, that's easy we just forget sometimes! We are all human and some days will be easier than others but it's important to try and do the best you can because you owe it to your health!

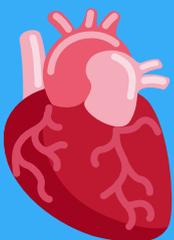
Top tips:

- Try to have 1 pint glass of water upon waking or consume with your breakfast!
- Try to have 1 pint glass of water at every meal time!
- Throughout the day try to drink/sip regularly!
- Try adding some fresh fruit or squash to your water if you aren't keen on the taste!
- In the winter it can be hard to drink water so I would recommend trying not to add ice or placing water bottles in the fridge!
- You can even try boiling some water, leaving it to cool slightly and then drink it! This sometimes tastes best with some fresh fruit added such as a slice of lemon!
- I recommend carrying a small bottle of water everywhere with you so you never forget to keep sipping regularly!
- I would also recommend getting a 1.5 litre bottle that you can drink from daily, so then you know you only have to refill it once each day to hit the 3 litres!



# Benefits of drinking water...

- Flushes out bacteria, toxins and waste products from the gut
- Helps to regulate your body temperature
- Helps your brain to function
- Gives you energy preventing fatigue & tiredness
- Helps you to create saliva to keep your mouth healthy & break down food
- Aids your digestion of food you eat
- It protects your spinal cord, joints and tissues which lessens painful conditions such as arthritis
- Your body uses water to sweat, urinate, and have bowel movements hence why it keeps your body and organs healthy
- Prevents constipation, dehydration & conditions such as kidney stones
- Helps your liver and kidneys to function optimally as the kidneys are responsible for disposing waste through urination
- Aids your strength, power and endurance through training sessions
- It allows your body to absorb vitamins & nutrients that we consume in our food
- Aids the weight loss process helping you lose extra pounds
- It helps you to fight off illnesses
- It improves your mood & can keep your skin bright/glowing
- It reduces inflammation and bloating
- Prevents you feeling thirsty & hungry





# Implications of not drinking water...



- You can feel hungry all the time and this can cause over eating when in reality you are thirsty
- It can affect your health & leave you susceptible to more health conditions such as kidney stones, constipation, high blood pressure, painful arthritis etc
- Your body will struggle to regulate your temperature
- You will notice you have no energy, you feel constantly tired & lethargic
- It will affect your brain function
- You will be constipated which can lead you to feel bloated and uncomfortable
- Your urine will become a very dark yellow because of being dehydrated which is detrimental to your health
- You create more pressure on your liver as when you don't drink enough the kidneys and liver can't do their jobs so all the pressure goes onto the liver instead
- If weight loss is your goal you will not drop weight or pounds if you continue to not drink your water
- You will feel bloated & inflamed
- You may feel more moody and irritable, along with this it will show in your skin such as spots etc
- You are not giving your body the chance to absorb vital and essential nutrients & minerals when you don't drink which are vital to your health
- Bacteria, toxins and waste will stay in the gut as they aren't being flushed away which will accumulate more & more in the gut leading to weight gain and long-term health problems

All in all you can probably see why water is so important after reading this!

So keep going with the water!

Keep yourself hydrated!

You owe it to your body along with your health & well being to drink it!

I hope you have found this guide useful!

Make sure you download and keep it as a lifetime copy!

Love Zo x

