



Tips for staying hydrated

So you can repair the symptoms of a stagnant metabolism

By Patti Garland – Healthy Methods Wellness

Staying hydrated isn't always about drinking lots of water. Yes, drinking water is important, but variety is the spice of life too. So, here are a few ways you can contribute to your hydration besides just drinking plain water.

1. Eat hydrating foods. You can meet up to 20% of your daily fluid needs by consuming fluid-rich foods such as fruits and veggies like watermelon, lettuce, cucumbers, cantaloupe, zucchini, peppers, eggplant and so many more.

And then of course there's the hydrating effects of bone broth. Studies have shown that drinking bone broth can rehydrate better than water alone due to the electrolytes.

2. Avoid sweet drinks, even those sweetened with artificial sweeteners. Surprisingly, research has shown that switching from sugar to an artificial, no-calorie sweetener may thwart your attempts to cut calories, but actually cause your metabolism to slow down. Here's why.

Let's start with sugar. Excess sugar triggers dehydration because as the concentration of sugar increases, water moves out of cells to equalize the concentration of sugar outside of the cell. Loss of water inside cells reduces cell function. Too much sugar in the bloodstream also triggers the pancreas to release insulin, which helps sugar pass into cells. Sugar provides energy for cells, but excess sugar in our cells is stored as fat.

Artificial sweeteners put our bodies in a state of confusion because our taste buds prepare our stomach for sugar and our metabolism for incoming calories. When the sugar is replaced by a no-calorie artificial sweetener and the calories never reach the stomach, our body is left in a state of confusion.

3. Drink herb tea, hot or cold it's delicious. Consider herbal teas: Three brands I like are Tulsi, Organic India and Traditional Medicinals. And when you are choosing herbal teas, avoid brands with additives, including both artificial and natural flavor.
4. Drink water infusions. Just add fresh fruit, vegetables, or herbs to your water bottle or pitcher. Let it sit for a few hours, throughout the day, or overnight in the refrigerator, to allow flavors to infuse into the water. The trick with infusions is time. Adding ginger (my fav) to water for a few minutes is "meh." Letting it sit for a few hours or overnight, is "delicious!" Here are some ideas:
 - 1-2-inch chunk of ginger (washed, no need to peel)
 - 3-5 cucumber slices (peel skin if bitter/waxy)
 - Handful of berries
 - 2-3 lemon or lime wedges
 - About 5 mint leaves
 - A combo of the above!
5. Add electrolytes to your water. This is especially important if you're losing a lot of water, for instance in hot weather, during exercise, or if you have diarrhea. This is my favorite recipe, adapted from the World Health Organization.

- 1 liter of filtered water
- 1/4 tsp iodized sodium chloride (table salt)
- 3/4 tsp sodium bicarbonate (baking soda)
- 1/4tsp potassium chloride (Morton's Lite salt)

Combine all ingredients and stir until dissolved. Drink 1 liter daily, maximum, unless otherwise directed.

If you desire flavor, squeeze in lemon, lime or orange. Or puree a few berries or mint (with seltzer for part of the 1-liter amount, as desired.)

If you prefer sweetness, a small amount of honey or maple syrup.

6. If the thought of drinking water with electrolytes added turns you off, consider sipping bone broth throughout your day. There are two main parts to hydration: liquid and minerals. Essentially, this means hydration and your body's ability to absorb that hydration. You can drink water all day long but if you're not absorbing it properly, hydration is not as effective. Bone broth is an excellent source of minerals essential to maintaining hydration. You see, minerals, or electrolytes, are what water depends on for proper absorption. Without these minerals, water is not properly assimilated into the body. Drinking broth throughout the day hydrates the body with essential vitamins, minerals, and amino acids and is a great way to ensure proper hydration.

There you go. Staying hydrated is key to keeping your metabolism healthy and vibrant. For more tips please ask to [join my private women's wellness Facebook group](#). It is a group of like-minded women who come together for support, to ask questions, to celebrate successes and to get help when there's an obstacle.

You've got this....

Patti



If you deeply desire change, I would love to help you. Let's take the next step. [Contact me here](#) for a free session to talk about creating a crystal-clear vision for the results you want. We can uncover hidden challenges that may be sabotaging your success. You'll leave the session reenergized, inspired and ready to take action.

About Patti

I am a personal weight loss coach and I help women who are pre and post menopause, reduce the symptoms of a stagnant metabolism and start the process of losing weight naturally without ever counting a calorie or following a restrictive diet.

I've helped thousands of women across the United States through private coaching, online programs and in studio sessions.

I have a background in business administration, hold a certificate in Nutrition, Weight Loss Coaching and Circuit Training from The Cooper Institute. I am a Licensed Massage Therapist, a graduate of The Connecticut Center for Massage Therapy, an AADP Integrative Nutrition Certified Health Coach, a graduate of The Institute for Integrative Nutrition and the founder of Healthy Methods Wellness. As a lifelong learner I have a bunch of other certificates, but if I listed them it would put you to sleep.

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