



The “How-to” Water Guide

How Much Water to Drink:

- Depending on your unique body size, the amount of water your body requires will vary greatly. A good rule of thumb to follow is for every 25-30kgs you weigh you should be drinking 1L of water.
- For example, if you weigh 75kgs you should be drinking 2.5L to 3L of water.

The amount of water you'll drink depends on:

- Your level of activity (how much you sweat ;-)) So when you go to the gym and you drink extra water during your fitness class this shouldn't 'count' towards your water intake. Because you'll sweat and the more you sweat the more water your body needs.
- How much caffeine or alcohol you drink daily
 - Both caffeine and alcohol are dehydrating, so be aware of this!
- The temperature where you live
 - Super-hot summers require more water

You can tell that you're drinking enough water when:

- Urine is on the light side
 - If the urine is dark and there's not much of it, then you're likely not drinking enough water
- Urine is abundant
- You have to empty your bladder about every two or three hours
 - If you're going constantly, you could be drinking too much water
 - NOTE: When you first start to increase water consumption, you WILL need to go to the bathroom more often than you're used to, but that will only last for a few days and then the body will adjust

How-to Drink Water When You Don't Like the Taste of Water:

- Add slices of lemon, lime, cucumber or orange to water
- Add mint leaves to water
- Use a fabulous drinking glass or goblet!
- Heat water and drink with lemon

Bonus “How-to” Tips for Water:

- Drink 0.5 liters (1-2 glasses) of water first thing in the morning
 - You've been asleep for 6 to 10 hours, so it's time to hydrate!
 - This can even replace morning coffee, as rehydrating the body and brain will lead to clearer thinking and better energy
- Keep a lovely pitcher of filtered water in your fridge at home or near your workspace containing



the amount of water you want to drink each day

- o This makes it easy to remember to drink water and to track your intake
- Drink 0.2 liters of water before exercise
- Sip water slowly and at intervals during exercise
- Bottles, bottles everywhere! Keep glass bottles of water in your car, at the office, or around your work areas
- If you can't access a filter for your water, then let drinking water stand at room temp for an hour or more
 - o This reduces the amount of chlorine in drinking water, as the chlorine will evaporate
- If you have digestive challenges, drink most of your water between meals
- Add ConcenTrace Trace Minerals, Celtic Sea Salt or Green Powder to water to increase nutrient content and improve the pH of your body

How-to Choose the Healthiest Kinds of Water:

Top Water Filter Choices

Filtering water improves the taste and smell of water, often by reducing chlorine, which is added to kill harmful bacteria. Some filters can also reduce other contaminants such as lead, benzene, MTBE, chloramines, and PCBs.

There are many types of water filters as well as many types of water filtering technologies. Finding the "best one" depends on the amount of space you can afford to clear out for it, your budget, and the specific water contaminants in your area.

These are some of the top filters and ways to help you decide what best fits your needs.