

The Healthy Hydration Guide



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Yay, you're here!

Welcome! By downloading and sitting down to read this book, you're making an investment in your life. No one single person has all the answers and I'm no exception. Yet I am honoured to share a little bit about what I know about health, life and essential oils with you.

Over the last 10 years of working as a natural health practitioner I have found that most people are chronically dehydrated. Lack of water can have many detrimental effects on your body and often the symptoms of dehydration are mistaken for other problems and treated with anything but what the body really needs and wants...water! Let's take a look at your body, various water sources, how much water you actually need and how to help your body stay hydrated at an optimal level.

I'll share my knowledge as a live/dried blood analyst, homeopath and essential oil specialist with you. As you'll see, not all water is created equal and the same goes for essential oils. I've worked with various sources essential oils for many years but they didn't become an integral part of my life until I was introduced to doTERRA. The therapeutic quality of these oils had me witnessing results that I would have never expected! I now use them exclusively in my home, my health and my professional practice.

This book is a glimpse at the huge potential simple natural remedies and pure essential oils have to support you in all aspects of your life. From here, you can pursue whatever interests you have. I have many courses and e-books to offer you on my website, please check back regularly as I'm continually updating my list of resources.

Maybe you'll start making your own non-toxic cleaning products. Maybe you'll be motivated to align your diet with your body's specific needs. Maybe a specific cleanse is in order. Or maybe you'll learn more about supporting your family's well-being. Best of all, you might come to love your body, your life and essential oils as much as I do!

With love,

Daniela





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Disclaimer

My passion is to educate and inspire those wishing to improve their health naturally. The information and recommendations in this book are based on my professional training, research, other publications and personal experience. Its contents have not been evaluated by any regulatory agency and are for informational purposes only. This book does not replace the advice of a qualified medical doctor.

For the diagnosis and treatment of disease or disease symptoms, please consult your trusted medical professional.



How Your Body Uses Water

“Chronic cellular dehydration painfully and prematurely kills. Its initial outward manifestations have until now been labeled as diseases of unknown origin.” – F. Batmanghelidj, MD

Water is one of the basic requirements for all life on Earth. Over 70% of the planet’s surface is covered in water and 60-70% or more of the human body is made up of water. A fetus grows inside the womb immersed in amniotic fluid, which is made up of mostly water.

Water helps to hydrate cells and flush out toxins. Without sufficient water, red blood cells under a microscope can start to stick together, preventing them from functioning at an optimal level. I have seen chronic dehydration become a factor in headaches, irritability, muscle or joint pain, dry and dull skin, constipation and/or kidney/bladder stress.

Your body uses water in so many ways. Let’s have a look:

- Water helps to deliver oxygen throughout your body
- Water flushes waste out of your body, mostly via the urine but also via bowel movements, breathing and sweating
- Water lubricates your joints
- Water helps to regulate your body temperature through sweating and breathing (aka perspiration and respiration)

- Water helps to form saliva and keeps all your mucous membranes moist
- Water helps to absorb shocks to your brain and spinal cord
- Your brain uses water to make hormones and neurotransmitters
- Water helps the digestive tract break down food into absorbable components
- Water helps the cells in your body to grow, live and reproduce
- Water has a sticky quality that “glues” solid structures in a cell membrane together
- Most of your body parts are largely made up of water
 - Brain and heart: 73% water
 - Lungs: 83% water
 - Skin: 64% water
 - Kidneys: 79% water
 - Bones: 31% water (not as dense as you might think, right!)



The Effects of Lack of Water

"Humans seem to lose their thirst sensation and the critical perception of needing water. Not recognizing their water need, they become gradually, increasingly, and chronically dehydrated with progress in age." – F.

Batmanghelidj, MD

Every day the human body eliminates on average about ½ gallon or 2 L of water just through its regular bodily processes and that water loss needs to be replaced on a regular basis.

When clients come to me wishing to improve their health, one of the first things we'll look at is how much water they drink. **You'd be surprised at how many various ailments improve dramatically when the body gets enough water.** Personally, my body likes to express thirst not just with a dry mouth but also by making my legs feel restless.

Signs that your body isn't getting enough water don't need to be severe or obvious. This ebook isn't about clinical dehydration resulting from a severe illness such as fever or prolonged diarrhea/vomiting, from excess heat exposure or any such severe cause. For any of these concerns, please see your doctor immediately. Instead, I want to share with you how to recognize when your body isn't getting quite enough water on a regular basis, and what to do about it.

“Oh but I’m just not thirsty” is a statement I hear a lot. Thirst itself is not always a sign that your body is lacking water, especially if it’s a low-level, chronic issue. The body can give up telling you it’s thirsty if you fail to listen for an extended period of time. Further, as outlined in the book “Your Body’s Many Cries For Water”, people tend to lose their thirst sensation as they age.

As stated in the above disclaimer I’m not a medical doctor and make no attempt to diagnose diseases. Yet if you look at the important roles that water plays in your body, you can easily see how a lack of sufficient water will negatively affect those same body systems. Researchers who have dedicated their time to studying water and the human body are suggesting that many health concerns are actually the results of a body chronically lacking enough water.

Let’s have a look at a few examples.

- Water lubricates joints and protects the contact surfaces of the joint, therefore chronic dehydration can lead to aching joints due to lack of lubrication
- Water helps the digestive tract break down food, therefore a lack of water can lead to digestive issues. Batmanghelidj in “Your Body’s Many Cries For Water” suggests that dyspeptic pains such as heart burn, gastritis and duodenitis are actually signs that the body needs water
- Water helps to deliver oxygen throughout your body, therefore lack of water creates a low oxygen or anaerobic environment which in turn can become a breeding ground for unwanted organisms. Further, lack of oxygen will cause your body to feel sluggish and can lead to brain fog, head tension or poor concentration

- Water helps to eliminate waste and toxins from the body via urine, sweating, bowel movements and breathing. If your body is lacking sufficient water to help flush out toxins, not only are organs like your kidneys stressed, toxins also have a harder time leaving your body. If your urine is darker in colour, it may be a sign that you're not getting enough water. Bowel movements may be harder to pass and some people report that their ability to sweat has decreased.

Sorting out your health can be a complicated and time-consuming process. However if you meet your body's basic requirements, including sufficient water, you might be pleasantly surprised at how quickly you feel better using such this simple and readily available remedy.





Quantity and Quality of Water

Healthy hydration levels are influenced not only by how much water you drink but also by the type of water you drink. Let's look at quantity and quality in more detail.

Quantity of water

The general rule that 'everyone needs to drink 8 cups or 2L of water daily' does not take into account body weight. It doesn't make sense that a 100 lb person and a 200 lb person need to drink the same amount of water because one has many more cells to nourish and most of your body's water content is actually found within cells.

There's a more accurate way to find out how much water you need to drink and that's using a formula based on your weight. I have included two formulas; the first one is fine to use for most adults. The second, more complex formula is useful when determining fluid intake for babies, children or heavier adults.

Simple formula (great if you weigh between 100 and 200 lbs):

Daily water intake = $\frac{1}{2}$ your weight in ounces of water, where weight is measured in pounds.

Example: Someone who weighs 130 pounds will drink 65 oz/2L/8 cups of water. Someone who weighs 180 lbs will drink 90 oz/close to 3L/12 cups of water.

Complex formula (great for those less than 100 lbs or more than 200 lbs):

- 1. For the first 10kg of body weight, daily water intake should be 100mL per kg.**
- 2. For the next 10kg of body weight, water intake should be an additional 50ml/kg.**
- 3. For every additional kg of body weight, drink an additional 10ml/kg of water**

Use a metric to pounds converter (easily found online) if you don't normally weigh yourself in kilograms. Note that of course breastmilk or infant formula is considered water intake for babies, and as children grow, water slowly becomes the main source of fluids.



Quality Of Water

The quality of water influences how well your body is able to absorb it. If it's laden with chemicals or other impurities, it's not going to do a good job at helping your body stay toxin free and could potentially lead to other ill-health effects. There are several factors that will affect the quality of your water, from its source to how it's stored.

Low Mineral Spring Water

The best option is to drink low mineral spring water. Spring water has been naturally filtered by the complex layers of sediment found underground and flows up to the surface on its own accord. It has less than 500 parts per million of total dissolved solids (if this number is greater than 500, it's considered mineral water). Spring water is the only water that has to be potable (safe for drinking) at the source. Ideally you can access spring water right at the source or bottle it yourself in glass containers.

Water with a high mineral content should be avoided since the dissolved minerals are generally too coarse for proper absorption and can congest your body similar to how a kettle builds up hard water sediments. **A better source for minerals is eating fresh fruits and vegetables as these have turned inorganic minerals into organic minerals via photosynthesis.**

Filtered Water

If spring water is not an option, drink filtered water using a high quality filter that will remove common impurities like chlorine, chloramine, lead, VOC's and pesticides. Popular filtration methods include reverse osmosis, ionization or carbon filtration. Change your filter regularly, minimum every 4-6 months, so that your water is not continually passing through a build-up of contaminants caught in the filter. You can work with your local plumber to install a whole-house water filtration system that best suits

your particular water quality or opt for an under-the-sink or counter top unit that will filter just your drinking water.

Tap Water

If tap water is the only option for you and you don't have access to a water filter, pour the water into glass jugs and leave them sitting uncovered overnight or for several hours. The chlorine will evaporate into the air, making the water more palatable. You might want to check with your local municipality about the addition of fluoride to tap water as this is a highly controversial topic.

Distilled Water

Distilled water is created by collecting steam from boiling water. It is free of microbes, trace elements and naturally existing minerals. Because water naturally wants to bind itself to elements, distilled water can be useful when doing a heavy metal cleanse or other detoxification program. Drinking distilled water over long periods of time can deplete the body of essential minerals. Plus it's not a very efficient method for obtaining clean water - it takes about three litres of water produce about one litre of distilled water.

Bottled Water

Some bottled water comes from mineral or spring water sources but many brands actually use tap water from large urban areas as the source. As per www.safewater.org, Dasani water comes from surface waters in Calgary, AB and Brampton, ON. Aquafina water comes from Mississauga, ON and Vancouver, BC. Plastic waste is a large and growing concern worldwide. To keep bottled water free of pathogens, it is generally treated with ozone or chlorine (this is filtered out again afterwards but water does retain energetic properties of chemical treatments). Plastic toxins can leach into the bottled water within a short period of time.

Regular Testing For Contaminants

Whether you live in the city or out in the country, have your water tested on a regular basis. Spring run-offs or later summer droughts as well as nearby farm pesticide sprays or even manure run-off can influence the quality of your water. Pesticide and herbicides can threaten the health of humans, animals, aquatic life and the environment in general and is a current concern for most countries around the world.

Water Storage

Toxins from plastic water bottles can leach into the water you drink. As per www.safewater.org, "a 2006 Canadian study found that after bottles containing PET had been stored for six months, a significant level of antimony (which is a toxic chemical) had leached from the plastic into the water". Not only does it take more water to create a plastic bottle than what it can hold, plastic bottles take about 450 years to decompose. Recycling plastic is not an easy process and most plastic bottles contain more new than recycled plastic. For your own health and that of the planet, avoid buying water in single use plastic containers as much as possible. Optimally, buy and/or store your water in glass or stainless steel containers.





When and How To Drink Water

Did you know that hunger and thirst signals are produced by the brain simultaneously, and that hunger is often mistaken for thirst? As a result, we often eat when our body really only wants a glass of water! Eating when you're actually just thirsty can lead to over-eating and potentially unhealthy weight gain. Your brain keeps the signals going because it's not getting the water it's looking for...and you keep on eating because you think you're still hungry.

Solution: Drink a large glass of water before you eat, ideally 20-30 minutes before your meal but even right before eating is better than not at all. Satisfying the body's need for water first will help to control appetite and prevent overeating. The water will also help to secrete gastric juices for digestion and thin the blood for better distribution of nutrients.

Wait ideally 1-2 hours after eating a meal to drink more water so you don't dilute gastric juices.

Feeling hungry late at night or before bed? Try drinking a glass of water because most likely your body is just asking for a drink.

Drink 1-2 cups (250-500ml) of warm water upon waking. This helps to remove any accumulated waste that has built up in your body overnight. The first cup should be pure water, followed by a cup with fresh squeezed lemon, if desired. Measure out your remaining water for the day and

drink most of it by dinner time. Minimize water intake before you go to bed if you have a tendency to wake up to urinate at night.

Keep a glass of water by your bedside in case you wake up thirsty; this is also a great reminder to drink water as soon as you wake up.

Room temperature or slightly warm water is ideal. Ice cold water can shock your internal organs (especially the liver and digestive tract) and could negatively affect the nerve endings in your stomach. Ice cold water requires the body to increase its internal temperature in order to warm up the water before it's absorbed.

Increase water intake slowly! If you haven't drunk sufficient water for weeks, months or even years, start slowly! Increase your daily water intake by 1 cup every 1-2 days until the appropriate daily amount is reached. If you find yourself urinating more when you drink more water, that's a good sign. You don't want your additional water accumulating in your body and potentially flooding your organs. Eventually your kidneys will get used to your new, improved water drinking habits and adjust urination levels.

If you have any concerns, contact me or a health professional in your area who understands the basis of water metabolism.





Water Alternatives – Do They Exist?

Animals don't consider anything but pure water a source for hydration. Somewhere along the way, people have come to see other beverages as being equal to water. Just because juice, coffee, tea, soda pop, alcohol or sports drinks contain water doesn't mean that your body will accept any of these as a water substitute. In fact, most of these act as strong dehydrators and can have the opposite effect in your body.

Caffeine (Coffee, Black Tea, etc)

Caffeine triggers a stress response in the body via the adrenal glands, affecting both the central nervous and immune systems. It also has a strong diuretic effect. For every cup of coffee you drink, your body has to give up as much as three cups of water to remove the caffeine. This water is largely drawn out of cells which creates a temporary thinning of the blood. Thinner blood is easier to move and will give you that temporary burst of energy. But at a price. By increasing urination levels and eliminating that precious cellular water, your body can actually end up more dehydrated than before you drank that caffeinated beverage. So you end up more thirsty and on a caffeine crash, and ready for more coffee, black tea or soda pop...the vicious cycle continues.

Alcohol

Alcohol has a diuretic effect similar to caffeine and the sensations of a hangover have been linked to the brain cells being in a dehydrated state. Not only can this negatively affect your brain cells but, as a response, the

body releases stress hormones including endorphins. Drinking just a small amount of alcohol on a regular basis (i.e. a glass of wine daily) for an extended period of time can cause this endorphin release to become an addictive habit. The liver has to detoxify alcohol and over an extended period of time, this can result in liver cells being destroyed, fatty deposits to accumulate in the liver or scar tissue building up (cirrhosis).

Soda Pops/Soft Drinks

Soda pops are laden with either sugar or artificial sweeteners, artificial flavours, colouring and other chemicals, including a preservative called sodium benzoate (E211). Studies have suggested that sodium benzoate increases the risk of oxidative stress, obesity, ADHD and allergies. When combined with vitamin C (often found as an additive in soft drinks or other foods), it produces benzene which is a carcinogenic substance. In order to overcome the high acidity from drinking soda pops, the body may need to use up its own alkaline mineral stores from bones, teeth and DNA. Andreas Moritz, author of *The Amazing Liver and Gallbladder Flush*, suggests that it would take 32 cups (8L) of water at a pH of 9.0 to neutralize the acid from just one 12 oz bottle of cola or other soft drink.

Commercial Juices

Most commercial juices need to be preserved and protected against unwanted bacterial growth. This is generally done via thermal pasteurization or irradiation. Both result in a loss of nutrients. Further, commercial fruit juices tend to be high in sugar (sucrose) and have a more acidic pH than fresh juices. Even 100% fruit juice (no added sugar) is still high in concentrated calories from fruit sugars

Herbal Teas

Herbal teas can count towards some of your water intake as long as they are 100% pure herbs, naturally caffeine free and contain no added sweeteners. Many teas contain added flavourings, so be sure to read the label. Whereas water is immediately absorbed into your body's cells, herbal teas still need to be digested to remove the tea part from the

water part, so your body has to expend more energy to get the water content.

Raw juices

Fresh-pressed raw juices can be extremely nourishing and healing for your body and I often recommend raw juicing as part of my clients' health plan. However, these juices should be considered food. While they do contain a certain amount of water, they are digested as food and do not replace pure water intake.





Essential Oils and Water

Even when you have access to pure, high quality water AND know how much water you need to drink, you might still find yourself not doing what you know is right.

The biggest complaint I hear is that *people don't like the taste of water*. The second biggest complaint is that *people need their burst of caffeine in the morning to feel energized*.

I have good news for you!

Essential oils can help with both and so much more. Rather than adding calories, artificial flavourings, caffeine or other unhealthy additives to water to make it more palatable, essential oils can provide incredible burst of flavour AND important health benefits.

But before you run out and buy an essential oil from the local pharmacy or health food store, here are some important points to consider.

Essential Oil Safety

- Essential oils are 100% plant derived and highly concentrated. In nature, they help plants thrive and survive in their environment. Essential oils can have therapeutic benefits for people so long as they are used as directed

- In order to be safe for internal use, essential oils must be certified pure and free of contaminants, fillers, and additives
- Only buy and use essential oils that are third party tested and verified to be pure
- Only add an essential oil to your water that is labeled as safe for internal or dietary use
- Essential oils are very concentrated; generally 1-2 drops is all you need to add flavour and benefits to your drinking water
- Essential oils are not food, contain no calories and therefore are not digested as food. They are volatile by nature and quickly absorb into your blood stream and cellular structure. Adding an essential oil to your drinking water will not interfere with the water's action in your body

Let's look at some of the top essential oils to add to your drinking water, either to help improve the taste so you'll actually drink it or to address specific health concerns.

Lemon

Lemon essential oil is by far the most popular oil to add to water. Cold-pressed from the rind, it will not affect your tooth enamel like regular fresh squeezed lemon juice can. Lemon essential oil can help create an alkaline pH balance in your body. It can stimulate lymphatic, kidney and liver function and act as a gentle cleanser and detoxifier for your whole body. Its light and refreshing flavour is ideally added to your water in the morning and throughout the day. Lemon can help you feel focused and energized.

Peppermint

Peppermint has very stimulating properties and can act as an instant pick-me-up to get you going in the morning or keep you going later in the afternoon. With its cool and refreshing taste, it can help improve alertness. Driving late a night or trying to study for an exam? Diffuse or sip a glass of water with a drop of peppermint essential oil. Peppermint is also known for its ability to reduce cravings, whether it's sweets, tobacco or another substance. Peppermint has a soothing action on the digestive tract especially after a big meal or eating foods that don't quite agree with you. Caution: pure peppermint has a strong flavour. Instead of adding one drop, you could stick a toothpick into the orifice of the bottle and then swirl that toothpick in your water to add a smaller amount of flavour.

Grapefruit

Grapefruit essential oil is one of my favourites. Its taste is less bitter than the fruit itself and the oil has a huge list of benefits for your health. Add 1-2 drops of grapefruit to your water to help curb sugar cravings or appetite when on a weight loss program. It can support adrenal and female hormone function, support the lymphatic and liver/gallbladder systems and help with overall detoxification. If you take medication that prevents you from eating grapefruit, the essential oil is still safe to take because it is cold-pressed from the rind and has a different chemical composition than the fruit itself.

Lime

Add lime to your water for a refreshing and enlivening taste. Its beneficial actions on the body include supporting the urinary and digestive systems and to help with overall inflammation. If you're feeling exhausted or like

the world is just not as rosy as it should be, lime essential oil can help uplift you physically and emotionally.

Fennel

Fennel is known for its soothing action on the digestive system. If you're feeling nauseous or dealing with flatulence, try adding a drop of fennel to your water. It can help increase milk supply in lactating women, help with hunger pains and have a supportive action on balancing blood sugar. Fennel pairs very well with lemon, peppermint or ginger.

Ginger

Ginger has been used for centuries for its stimulating properties on the immune system and for digestive issues. Add a drop (or less) to a glass of warm water to help overcome nauseous feelings or to give your immune system a boost when you're feeling congested (especially effective when paired with lemon essential oil). I always add a few drops of ginger essential oil to my homemade kombucha batch

Need to buy some certified pure therapeutic grade essential oils? You can order them through my website: www.danielaharfman.com/join or email me for more info: daniela@danielaharfman.com

Also visit my website blog page for more detailed articles on each of the above listed essential oils: www.danielaharfman.com/blog





No Excuses: Tips For Helping You Stay Hydrated

Here are some of the most common objections I hear when I talk to my clients about their water intake, followed by simple suggestions to overcome them.

Objection #1. But water just doesn't taste good to me!

Solution: As you've learned today, there is no adequate substitute for pure water. To help improve the taste (or lack of), try adding 1-2 drops of a pure therapeutic grade essential oil to your water. Favourite options are lemon, grapefruit or a digestive blend. You get amazing flavour, some healthy plant therapy and no sugars or artificial flavours. If you're not into oils, try adding a squeeze of lemon, a mint leaf or a slice of cucumber. You're aiming for a hint of flavour without adding food components to the water.

Objection #2: I try to remember to drink more water, but by dinner time I realize that I hardly had any.

Solution: Measure your water out in the morning. This is the best solution I have found for keeping track of exactly how much water I drink. You can use 2 quart/litre mason jars or reuse gallon glass jugs from apple cider, etc. Try to use glass or stainless steel, not plastic. Set the jugs out in plain view (on the counter, etc). Take some or most of it with you when you go

to work or on errands. Make yourself drink a big glass of water before each meal. As soon as you wake up in the morning, drink 1-2 cups of water. It'll be gone before you know it!

Objection #3: I can't drink more water, it just makes me run to the bathroom every 10 minutes.

Solution: Your body can be like a dried up houseplant which you suddenly remember to water. What happens? That's right, the water runs out of the bottom of the pot. Your body can behave the same if it isn't used to drinking enough water. Keep at it. Your cells will absorb more and more water over time. Just rule out any potential kidney or bladder issues (sometimes UTI's can cause frequent urination). Try adding a drop of lemon essential oil to your water. It's hydrating effect can allow your cells to absorb more water than plain water without lemon. Also remember to increase your water intake slowly so that you don't overwhelm your body. Add one additional cup of water every 1-2 days until your optimal water amount is reached.

Objection #4: I'm just not thirsty. Shouldn't I listen to my body?

Solution: Your body is probably asking (screaming?) for water but you don't recognize the signals. Low back pain? Heartburn? Leg cramps? Constipation? Overweight? Feeling chronically stressed, anxious, fatigued or in a perpetual brain fog? Have medical issues like acid reflux or high blood pressure? You might be surprised at the different ways your body actually asks for water! Listen to all of your symptoms and observe what happens to them after you drink a sufficient amount of water consistently for several weeks.

Objection #5: Water makes me feel sick. After I drink some, I feel like I need to throw up

Solution: Ruling out any medical condition (check with your doctor), your body might use the sudden influx of water to get rid of toxins that have accumulated in your digestive tract. This can definitely lead to nausea. Start drinking water slowly if you're not used to drinking any or very little. Just a few sips of warm water (never cold) at a time and increase the water intake very gradually over several weeks. You could try adding a drop or less of a digestive blend of essential oils to your water to help keep nauseous feelings at bay.

Objection #6: I really don't have time to drink water

Solution: Make time. Water is vital for your health. People can go up to three weeks without food but can only survive without water for up to three days. After air, it's the next most urgent substance your body needs. If you don't make time for water, you may also not make time for healthy foods and sufficient sleep. Maybe it's time to take a good look at your overall health. Chances are that you're putting up with, masking or ignoring symptoms that affect the quality of your life, and which might easily be fixed just with drinking sufficient water. Keep a water bottle by your desk, in your vehicle, at the barn or shop, in your locker, in the yard...wherever you spend your time. **You are definitely worth the seconds it takes to have a few gulps of water.**





Final Words

I hope this ebook has helped you realize how important water is to your overall health and that signs of dehydration can manifest as symptoms otherwise seen as disease states.

If you only do one thing for yourself today, drink your water. It's mostly free, easy to do and will nourish every cell of your being.

As Albert Einstein said, "everything should be made as simple as possible, but no simpler". It is my passion to help you achieve better well-being on all levels by providing education and solutions that are simple to understand and do, yet complex and effective in their action.

If you liked this free eBook, you will enjoy my blog articles, ebooks and courses. Check my website www.danielaharfman.com/programs for my current offerings and stay subscribed to my newsletter to find out about new releases.

Would you like to book an online consult or in-person live/dried blood analysis to discuss your specific health goals?

Visit www.danielaharfman.com/services for more info or contact me via email: daniela@danielaharfman.com

Drinking good quality and the right quantity of water is an essential first step to your overall health and wellbeing.

I'm excited for your journey and the many beautiful adventures life will bring you.

With love,

Daniela



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