



DR. RACHEL'S

HYDR- ATION GUIDE



OPTIMIZE

Your body needs water! Here's a guide to help you balance & properly hydrate

**GET
HEALTHY!**



**TO AVOID
TOXINS BE
SURE TO FILTER
WATER &
STORE
YOUR
DRINKING
WATER IN
GLASS OR NON-
TOXIC
CONTAINERS**

**UP TO 60% OF THE HUMAN
ADULT BODY IS WATER.**

**ACCORDING TO H.H. MITCHELL,
JOURNAL OF BIOLOGICAL
CHEMISTRY, THE BRAIN AND
HEART ARE COMPOSED OF
73% WATER, AND THE LUNGS
ARE ABOUT
83% WATER. THE SKIN
CONTAINS 64% WATER,
MUSCLES AND KIDNEYS ARE
79%, AND EVEN THE BONES
ARE WATERY: 31%.**

Avoid carbonated
water, it disrupts
the guts Ph
levels!



HYDRATION IS KEY TO YOUR HEALTH

In order for ALL of your organs &
systems to function optimally, you
MUST be properly hydrated!



HOW MUCH WATER SHOULD YOU DRINK EACH DAY?

The old saying, 'Drink 8, 8 ounce glasses of water each day' is not a true for all people!

I recommend drinking a minimum of 1/2 ounce per body pound to a maximum of 1 ounce per pound of body weight (not to exceed 1 gallon per day - you don't want to risk flushing the electrolytes out of your system).

Here is an example:

If you weigh 128 pounds, you would aim for drinking no less than a half a gallon of water per day (64 ounces) and a maximum of 1 full gallon (128 ounces) ounces of water per day.