

# When was the last time you HYDRATED?



We are made up of over 60% water! However, the average person isn't drinking nearly enough in a day to help fuel the body and feel our best. When dehydrated we experience **routine fatigue, muscle cramping, migraines, dry skin, frequent urination and constipation etc.** Plus our lymphatic system needs fluids to flush out toxins, which otherwise leads to a whole host of inflammation and illnesses. **However, this doesn't just mean drinking more water - you need to HYDRATE!**

Dehydration = Lack of:

- Sodium
- Calcium
- Magnesium
- Water
- Potassium

We need sodium and calcium to hydrate the outside of our cells. We need potassium and magnesium to hydrate the inside of our cells.

## Our Recommended Hydration Products:



### Alkalime

Alkalime is an effervescent mix formulated with lemon and lime essentials oils and mineral cell salts to create a crisp and soothing beverage that's gentle on the stomach. Add one scoop or a packet to a glass of water. Great in the morning before coffee, following a workout, when feeling constipated, and before bed.

### Cell Salts

Cell Salts are tiny, slightly sweet pellets that you dissolve under the tongue. Everyday stressors deplete our trace minerals reservoirs; acid blockers, stomach problems and common medications also restrict our ability to absorb minerals. However, Cell Salts easily assimilate into the cellular structure of the body!



### YL Vitality Drops

YL Vitality Drops contain more than 70 naturally occurring ionic trace minerals that provide a delicious electrolyte boost to help you hydrate naturally. A wonderful alternative to sugary sports drinks!

### Super Cal Plus

A patient favorite! This amazing supplement uses a blend of bioavailable calcium, magnesium, & other trace minerals derived from red algae\*. Women in particular deplete their storage of calcium faster - making Super Cal Plus a great tool for hydration and bone health. Best taken before bed. \*potential shellfish allergen



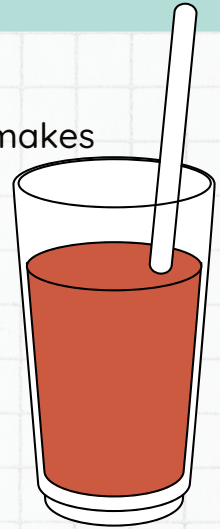
Unfortunately, even if we think we're drinking enough - our average water sources like chlorinated city water, bottled water, and reverse osmosis water are void of needed mineral amounts! Ensure adequate mineral consumption with our recommended products or these easy at-home recipes!

## At Home Hydration Recipes!

### Citrus Electrolyte Drink!

We recommend this to all our Blood types A & AB. However, it also makes a great hydrating drink for kiddos in lieu of sugary sports drinks.

- 2-3 oz of organic grapefruit or lemon freshly-squeezed
- 1 tablespoon raw honey or maple syrup
- 1/8 teaspoon Celtic Sea Salt \*We personally love Redmond Real Salt®
- 5oz filtered water

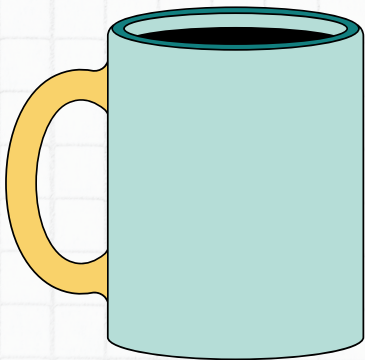


Combine in an 8oz glass, stir, and enjoy.

Grapefruit is not only delicious; it's also 88% water, which makes it a great fruit for hydration. While Lemon provides 26% of your daily vitamin C requirement. Sea salt in a fruit drink? You bet! Celtic Sea Salt is extremely beneficial in keeping us hydrated. The amount of nutrients in sea salt also satisfies our thirst for a longer period of time and keeps us holding on to the fluids for longer.

### Bone Broth Electrolyte Drink!

We recommend this to all our Blood types O & B. Aid in additional daily protein intake and to help settle acidic stomachs.



Warm up bone broth (whether homemade or organic store-bought) in a mug and add Celtic Sea Salt to taste.

Bone broth is an excellent source of essential minerals and amino acids to maintain hydration. Minerals (electrolytes) are what water depends on for proper absorption and without, water is not properly assimilated into the body. Bone broth also yields a variety of gut healing nutrients like collagen and L.Glutamine and is a great source of protein and fat soluble vitamins like A, D, E, and K. Consuming broth on a daily basis nourishes the body, heals the gut, and boosts the immune system!