

Vibrant Health

Change Your Habits, Change Your Life!

HABIT 1

OPTIMAL HYDRATION



22 Key Habits to Transform the Health & Wellbeing of Your Mind, Body & Spirit

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Quick Guide

Habit 1 is entitled ~ **Optimal Hydration.**

This one is a game-changer, it's the most important habit!

From combating ageing, aiding weight loss, eliminating pains/allergies, becoming more energised and focused, this habit is absolutely essential for good health and vitality.

This habit alone, will make a significant difference to your health & wellbeing!

Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Habit No 1 ~ Optimal Hydration

*“All the 22 habits will boost your health and vitality in a very positive way, However, **this one is the most important**, hence why its number 1.”*



Optimal Hydration

Why is this an essential habit?

You are made up of 70% - 75% water and pretty much all of your bodies systems and functions, particularly the cells, rely on good hydration. This habit, done well, has alleviated, and cured multiple ailments and conditions for countless people as they were simply the effect of a dehydrated body.

(n.b. I'll give you the links and references at the end of this section, so you can check them out for yourself if you want to).

Potential benefit

This habit alone has the biggest potential to change your health and wellbeing significantly, within a very short space of time. It is very often the solution to beating fatigue, raising energy levels, helping with weight loss, making your skin glow, anti-aging, healing multiple ailments, the list goes on!

So.... PLEASE PAY CLOSE ATTENTION 😊!

I often say to people “you wouldn’t wash your car with coffee!” to make them focus on the fact that their body needs adequate daily hydration. This simply means drinking plenty of water and eating foods high in water content (highly recommended, you’ll see why).

Copious amounts of coffee, tea, fruit juices, fizzy drinks and alcohol all have a dehydrating effect so **do not** count towards hydration.

Back to basics

Your body is made up of around 75% water when you’re born which reduces a little as you age, but nevertheless a large part of you is water.



Your body is designed to function in a well hydrated state to provide optimum health and vitality for you. All your body's cells need regular hydration to operate all of your bodily systems and functions in an efficient way.

If your body is dehydrated, the systems start to struggle which manifests as a myriad of ailments and conditions as the cells cry out for water.

Quick story...

We're all creatures of habit, I know one lady who woke every morning and drank a cup of coffee with 2 slices of toast. She then went off to work where she was greeted with another coffee, a further coffee followed within the hour, then before you know it, it was mid-morning coffee break 😊!

We all love a coffee, I certainly do, the problem was, this lady was only drinking coffee most of the day and very little water or any food high in water content.

This resulted in a few minor health problems along with fatigue and several aches and pains. The irony is, that lack of adequate hydration often invokes fatigue and lethargy resulting in people drinking more coffee to get an energy boost!

I made this same mistake

Going back to 2013 before I became educated on the benefits of good hydration, I had some bad habits around health as I didn't know any better at the time.

I didn't drink much water back then and perhaps a little too much alcohol! Anyway, I had high blood pressure, acid reflux and gout (ouch!) and was on several medications to treat them.

After changing to better health habits and making sure I'm adequately hydrated every day, they've all magically disappeared, and I feel fantastic for it. I made several habit changes and believe that hydration played a very big role in curing my ailments.

In addition to this, I no longer have 'brain fog' which is when you feel groggy and lack focus, usually when you wake up.

About you

Do you suffer from brain fog, lethargy, headaches, muscular aches and pains, weight problems, bloating, constipation, acid reflux, poor sleep, joint problems?

If you can answer yes to any of these conditions, its highly likely you're under hydrated due to your current habits.

The problem with the medical industry is that they are trained to treat the symptom and not the cause. For example, the general advice for an acid reflux problem is to take an antacid tablet instead of looking at the cause of the problem (which is more often related to a lack of proper hydration) and treating that.



It is very easy to neglect in today's fast paced world where we seem to live in a habit loop of say...tea/coffee, carbonated soft drink, energy drink, some alcohol etc...which all contain water. As previously mentioned, they all have a dehydrating effect, so you need to counter this with good hydration.

How much water should you drink daily?

As a mid-fifties, UK based male measuring 1.83m, I drink (on its own) on a daily basis;

2.7 litres in Spring,
3.0 litres in summer,
2.7 litres in Autumn
2.2 litres in Winter.

This may seem a lot, but I find it very easy to do (habit) and it makes me feel super clean internally and super sharp mentally.

I'll give some recommended guidelines at the end of this section.

I also have a lot of food that is high in water content (includes a daily smoothie) as this is also important, so let's talk about that.

Food's high in water content (very important to know)

Recent research into hydration has discovered that plant-based water (from fruits, vegetables, roots, and seeds) is even more hydrating than water. The reason is it's already purified, alkaline, full of nutrients/minerals and structured in a way that is easier for the cells in your body to absorb.

Adequately hydrating the cells of your body is what good hydration is ultimately about as they are the 'building blocks' that make up your body.

The water in food is known as structured water or gel water.

Food's high in gel water content:

Vegetables ~ Cucumber, Lettuce, Celery, Radishes, Tomatoes, Peppers, Spinach, Broccoli, Carrots, Brussel Sprouts, Cauliflower.

Fruits ~ Watermelon, Strawberry, Pineapple, Apple, Grapes, Blueberries, Grapefruit, Raspberry, Kiwi, Pears, Cantaloupe.

Seeds ~ Chia, sunflower, Hemp, Pumpkin, Flaxseed (although they are individually small, they hold far more gel water than you think).

Other ~ Ghee (a type of butter).

Anecdote

In Chris McDougall's best-selling book 'Born to Run' he talks about a hidden tribe in the Sierra Madres desert called the Tarahumara, whose young men run 50-mile races for fun!



They fuel themselves before the race with chia seeds and fermented corn beer and then carry a pouch of chia seeds whilst on the run. Not a drop of liquid water in sight!

Weight Problems?

If you are overweight or have weight management problems, it could be that you are mistakenly confusing thirst signals from your body with hunger signals.

Adequate hydration is a pre-requisite for weight loss and it's highly recommended you drink a glass of water or two, before each meal.

Skin

The largest organ in your body is your skin. Now I suspect you spend money on expensive skin creams to help feed and protect your skin?

To be blunt, it's pure commercialism! You can achieve amazing skin just by good hydration as **it's an inside job**.

Although that may seem controversial, just think about what happens to a plum when it is dried out...it turns into a prune!

Wrinkles have a lot to do with dehydration! Keep well hydrated at all times to age better.

If you want to make your skin glow further (whilst saving money), I recommend trying natural coconut oil (cold pressed) which you can find in every supermarket. It is high in water content and full of nutrients, it is one of nature's little gems and it has multiple health benefits too (just google it).

Recommended Daily Habits

- ✓ **Drink: 8oz – 16oz of water (1 or 2 standard glasses) when you get up each day**, this will hydrate you after the dehydrating effects of sleep. In particular it will hydrate your brain which is very important for focus.
- ✓ **Drink: 8oz – 16oz (1 or 2 standard glasses) of water before each meal**, this will also help with weight management.
- ✓ **Drink: additional water** at any other time you feel dehydrated and need to quench your thirst.
- ✓ **Eat: some of the listed vegetables, fruits, and seeds** to top up with gel water, and/or blend some of the listed vegetables, fruits, and seeds into a nice smoothie.

Additional toilet breaks

I'm astonished at the amount of people who respond with "I'll be going to the toilet all day if I drink all that water" as though it's a bad thing. Regular visits to the bathroom every 2 – 3 hours are what our bodies are designed to do to eliminate waste and promote good health.



It's only the bad habit of inadequate hydration that reduces the need for the toilet. If you worried about having to get up in the middle of the night to use the toilet, simply front load your water (i.e. drink more of it earlier in the day) and make sure you go just before bedtime.

Take salt too

Another essential requirement for your bodies optimum health to get the minerals it needs, is regular salt intake. I recommended avoiding normal table salt and instead take either sea salt, Himalayan salt, or rock salt every day.

Take a pinch of it in a glass of water or smoothie, alternatively put a pinch directly on your tongue and wash it down with water. I put it in my daily smoothie and also take it separately with water each morning.

Useful links

Book: [Your Body's Many Cries for Water](#), Dr Fereydoon Batmanghelidj

Book: [Quench](#), Dana Cohen MD, Gina Bria

Web: www.drdanacohen.com

Web: www.hydratationfoundation.org

From the above listed links/books, you'll find multiple case studies of conditions that were cured by good hydration along with health boosting tips and suggestions.

Final word

The benefits of optimal hydration are huge, from beating fatigue, losing weight, eliminating pains, combatting premature aging, the list goes on!

Fall in love with water and foods high in water content (gel foods), **your body will love you for it 😊**.

Recommended habit action steps

- ✓ Start a daily adequate hydration routine immediately, using the recommended list on page 6 as a guideline.
- ✓ Getting into the habit of having water readily available by your side throughout the day (glass or water bottle).
- ✓ Experiment with different amounts of liquid water, different gel foods, timings etc, to figure what routine works best for you.

Here are the related essential programme visual aids....



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

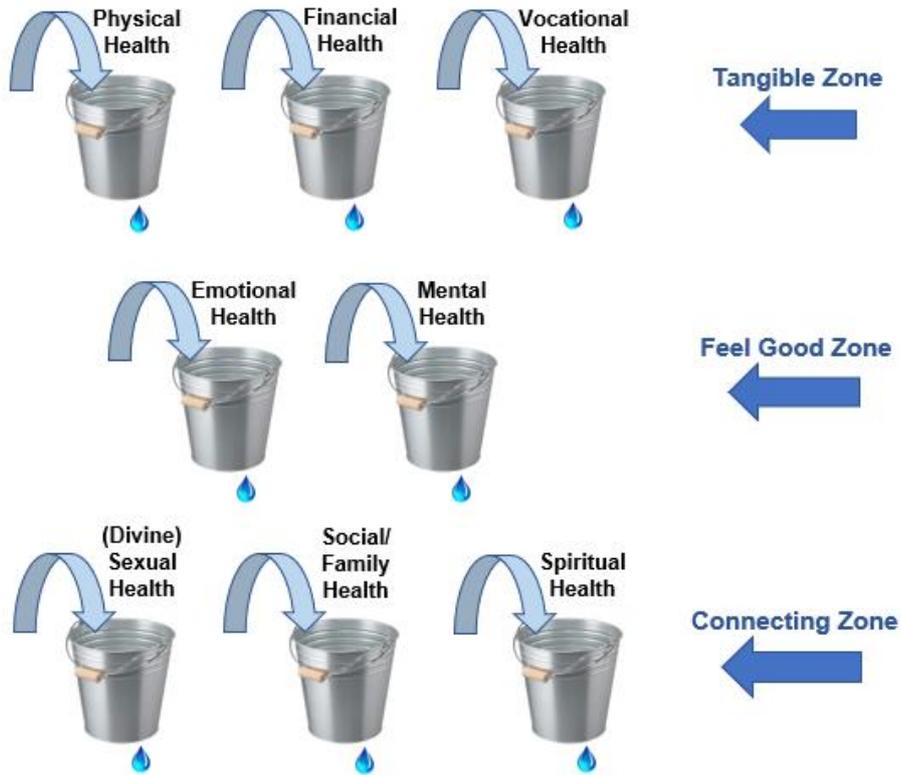
11. You will likely forget all this...but you can remember it whenever you want 😊.



Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA

