

Vibrant Health

Change Your Habits, Change Your Life!

COMPLIMENTARY GUIDE

HABIT 1 OF 22 OPTIMAL HYDRATION



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

Devised by
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Introduction

With our compliments

This complimentary guide contains habit 1 (of 22) from our Vibrant Health Programme.

The full plan is the culmination of thousands of hours of research, condensed into an easy-to-use format of simple daily habits.

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!

We sincerely hope you get lots of value from this information and start using it immediately.

On behalf of myself and David, we wish you the very best of future health & happiness,

Stephen Kirkbride

Health & Wellness Mentor, Nutritionist, Healer,
Psychic Medium and Numerologist.



This is **David** btw 😊

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.

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Understanding What You Are?

This section is crucial to help you get the most from the programme by understanding what you really are (energetically).

The complimentary habit information starts on page 15; however, we highly recommend you read the preliminary sections (pages 4 – 13) to fully understand the 'bigger health picture' to get the most out of this guide.

Spiritual beings

You may or may not know that you, me, and every other human on the planet are magnificent spiritual beings having a series of human experiences.

Why, you may ask?

In a phrase... '**soul evolution**'. You like everyone else, chose to be the person you are, along with the path you are currently on in this lifetime, as you knew it would present you with the lessons and challenges that your soul needs to allow it to evolve further.

Most people at this point usually say to me *"If I had a choice, I'm pretty sure I wouldn't have chosen this body and this life!"* 😊

I can assure you that you and everyone else, consciously chose (whilst in the spiritual realm) their current life before they were born. Now unless you are drawn towards the study of spiritual or philosophical pursuits, the chances are you could easily think life is just random and a one off.

To help you put things into perspective, here's a brilliant bit of wisdom entitled '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've been 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 😊.

These universal truths apply to every single human being and are a wonderful little guidance system to keep reminding us of who we are and how it (life) works.

We have also added it to the annex at the end as a single page if you wanted to print it off and have it as a regular reminder of the rules of life!

Let's go deeper...

Everything is just energy

Here's a little bit of science which is also important to understand (to lead us into the health stuff); everything in the universe is just energy vibrating at a certain frequency and that includes us as human beings.

Although the body you are sat in, appears to be physical flesh and blood (we are actually 70% - 75% water), if you viewed it under a powerful enough microscope you would see at a certain level, you are simply trillions of atoms vibrating.



Away from the microscope, you appear to be solid. This is the same with any seemingly solid object, it too is just vibrating atoms that give the appearance of solidity to our senses.

We are all born as high vibrational beings

When we are born, we have the pureness and high vibrations of a new body and soul just beginning its journey. This is the beauty of nature and evolution at work and if you were to measure the frequency, it would be very high indeed.

This is why we are all energetically drawn to new-born babies and small children because they are in a state of high vibration. It is the same for young animals, think puppies or kittens, they're adorable.

You could say every birth is a miracle of nature as each new-born has gone through a natural gestation and incubation period before entering the world independently.

Homeostasis

This high vibrational, optimal state is known as homeostasis, it is the default healthy setting of the body. As long as we have decent habits and generally nourish the body, it should stay in the high vibrational state of homeostasis.

Unfortunately, the vibrational state starts to diminish if we're not careful 😞.

The PROBLEM....

Modern day life is slowly poisoning us (if we allow it)!

Whether we like it or not, modern life in the western world particularly, is not conducive to good health, we're negatively bombarded from many directions which starts to lower our vibration and vitality.

The list is long but here are the common ones:

- Processed food
- Food additives (MSG, High fructose corn syrup, aspartame)
- EMF radiation (Wi-Fi, smart metres, devices)
- Air pollution
- Anxiety/Stress/Fear/Negativity/Guilt/Shame
- Vaccinations
- Prescription medication

Each element above has the effect of lowering your vibration and subsequently your health and vitality.

Making a conscious effort to reduce these effects and adopt habits to raise your vibration is the key. More importantly, all the good habits we're suggesting you do, will help do this for you 😊.



You could also join a tribe for this!

If we all lived in the wild like indigenous people do, we wouldn't need to give health a second thought as we'd instinctively live-in harmony with our surroundings. We'd only ingest natural foods and be away from vibrational lowering foods, devices, and environments.

Tribes people just don't suffer from every day stress/fear/anxiety...hmmm!

Solution

As we're living in the modern world with many things lowering our natural vibration (which has the potential to lead to multiple potential health problems), we can mitigate this by adopting the right actions which naturally raise our vibration and health.

And we simply do this until these actions become fixed habits, then it's plain sailing 😊.

Adopting the Right Mindset

Good health is **always** your number 1 priority in life!

Here's why....

When David and I are giving health presentations, we ask the audience if they could have anything they want (and money is no object), what would they choose?

We usually get replies such as, a large mansion, a super yacht, huge log cabin in the woods, handsome rich partner etc.

We then point out that to fully enjoy any of it, the most important thing of all is to have good health. Of course, you can still have some enjoyment whilst in poor health but to fully enjoy anything in life, being in good health is essential and why it is your number 1 goal in life.

When your health is good, you feel good, your life flows much easier
and everything is more enjoyable 😊

As my spirit guide Qual says, **“What does your wealth look like, without your health?”** to emphasise the importance of prioritising your health.

Formula 1 racing car analogy!

I want you to start thinking of your body as though you were operating a high-performance formula 1 racing car.



- To get the best performance out of it you would only put in quality petrol, oils, and lubricants.
- You would make sure you understood how to get the best out of it and drive it accordingly.
- You would only drive it in suitable environments and take special care of it to make sure it always operates with a high performance. You would look after it!

As busy humans, we tend to put any old petrol in it (junk food), never really bother to read the manual to fully understand how it works (life is far too busy!) and we don't really pay much attention to it, until something starts to go wrong (Dr will fix it with a prescription!).

That tends to be the reality of modern life for a lot of people 😞!

Let's talk about FEELING GOOD 😊

We've established that good health is always your number 1 priority in life.

A natural consequence of good general health and wellbeing is **feeling good**. When you feel good, positive, and happy, your vibration rises, and life becomes much easier and that's what this whole programme is about.

Each habit will incrementally raise the vibration of your body each time you do it. You will feel good each time you do a recommended action, sometimes its subtle, sometimes it's obvious, sometimes it's exhilarating, as you'll see 😊.

There'll be a combination of physical, emotional, and psychological wellbeing benefits. The more you do them, the better it is for your general health and the better you'll feel good.

Complete Health & Wellbeing Models 1 & 2 - IMPORTANT

When it comes to health and wellbeing, most people predominantly associate it with their physical body and their mental state of mind.

Our own philosophy is that we actually have **8 specific areas of health** (YES 8!) which we all need to continually nurture for complete health and wellbeing.

We use 3 visual images (models) to help you understand how it all fits together, here are the first 2;

Model 1 ~ Your 8 Health Buckets

The image on the following page is our own model that represents the 8 areas, each area is depicted by a bucket that has a very small but continual leak at the bottom.



It's obviously metaphorical, working on the basis that each bucket holds the water that lubricates and makes each of your 8 key areas run smoothly and healthily. However, each bucket slowly leaks and will eventually drain dry if neglected.

Your job is to continually pay attention and nurture all 8 areas (i.e. keep topping up with water) using the recommended actions/habits, to maintain good health and wellbeing.

If you neglect any bucket(s), a part, or parts of you will eventually be running on empty and potentially start to create health problems/issues.

Each of the recommended habits in this programme enhances at least 1 primary bucket and also enhances multiple secondary buckets.

We'll point this out within each habit, so you fully understand the combined benefit for each action/habit that we recommend.

We'll also add the '8 Health Buckets' image below to the index at the end of this manual so you can print off as a visual reminder (highly recommended) if you wish.



Let's delve further into each bucket and zone...

The Tangible Zone (these are external to a degree, and what others can see)

1. **Physical health** ~ the most obvious one, all the essential habits (1 – 11) will help you take very good care of this.
2. **Financial health** ~ we only touch on this one directly with 1 habit (habit 22). It is obviously very important to nurture and look after your finances as we all live in world where we need money to live and thrive.
3. **Vocational health** ~ this is very important indeed, yet so often neglected. It can be your occupation and/or your passion(s) related to your highest values (habit 15 will help you establish your values). Your true vocation in life is what your soul longs to do, an inner urge and therefore it has a strong connection to your spiritual health. If you are doing what truly inspires you in accordance with your highest values, that is your main spiritual path in this lifetime.

It is important that what you do as your vocation (could be main job, secondary business, or hobby) gives you fulfilment, otherwise you can end up suppressing your life away, if you are just doing it for the money. If you are not fulfilled with your main job, you need to look at moving towards a vocation (you can start it part-time) that you would love to do, which is in accordance with your highest values.

It may take some time and planning (baby steps at first) to get there, but it will fill you with energy, enthusiasm, and joy when you align this part of you (neglecting this part is why so many people are lost and unfulfilled and dread Monday mornings!). When you're in tune with your vocational health, your emotional and mental wellbeing and fulfilment, will go through the roof 😊.

The Feel-Good Zone (The most important zone, the heart ❤️ of the operation, when you nurture and balance these 2 areas, you will **feel very good** about yourself and that is the number one aim of this whole programme).

4. **Emotional health** ~ this is how you feel at any given time and is the most important bucket of all 8. Every single one of the 22 habits will enhance your emotional health and make you feel that little bit better each time you do it. Habits 13, 14, 16, 17, 18, 19 & 20 are specifically designed to build your emotional health. With practise, they will get you feeling good all the time and that's when the magic happens 😊.
5. **Mental health** ~ this is how you internally see yourself and affects your confidence, self-esteem, and self-worth. It is the second most important bucket after emotional health and positively links to all 22 habits. Similar to emotional health above, habits 12, 13, 14, 16, 17, 18, 19 & 20 are specifically designed to build your self-image and confidence and make you feel really good about yourself.

When your **emotional and mental health** are in great shape, everything else will fall into place much more easily.

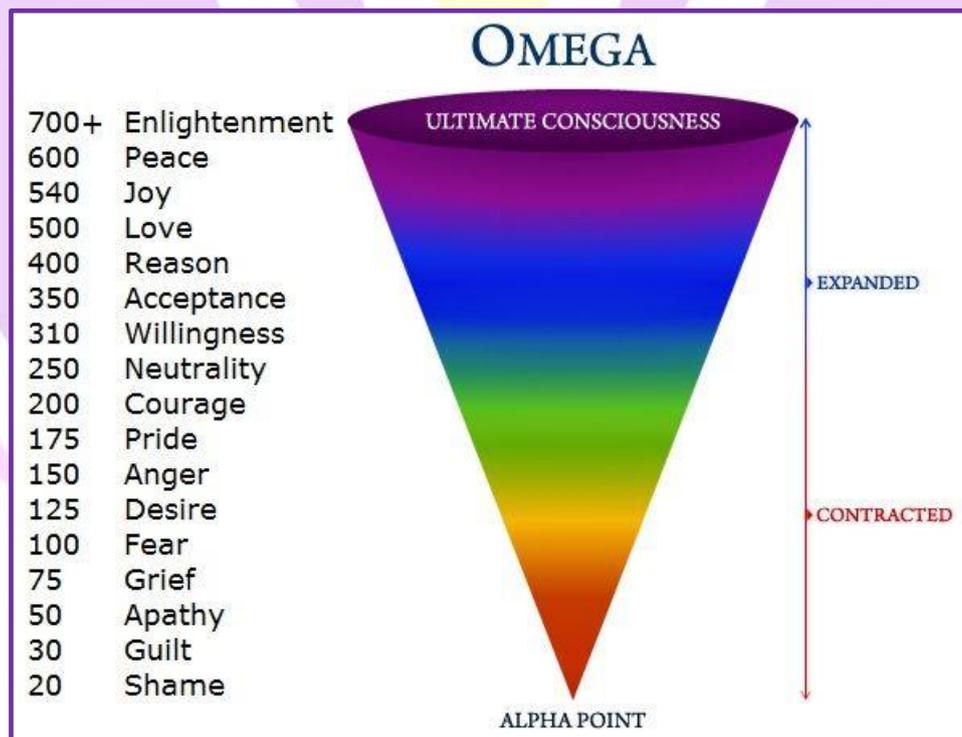


The Connecting Zone (as humans, we intuitively want and need to connect with others).

6. **Divine Sexual health** ~ this one isn't exclusively about sex with a partner, it applies to everyone and is about connecting to your divine creative power released through orgasm. It is about tapping into the glorious elixir of life and bathing in the divine life nourishing energy that creates everything in the universe. It is highly recommended to connect regularly with it (regardless of if you are in a relationship or not), habit 11 will help you fully understand and take care of this. You'll learn how it relates to the Emotional Vibration Chart (model 2) in a significant way.
7. **Social/Family health** ~ We all have a deep human need to feel wanted and accepted by other humans. Having a social circle of friends, work associates, like minded advocates and close family bonds are all important for your mental and emotional wellbeing. It is important to regularly connect and nourish these relationships to feel complete as a human being. Habit 21 will help you with this.
8. **Spiritual Health** ~ As the saying goes "for what profits a man if he gains the whole world and loses his soul?" Understanding you are a spiritual being having a human experience and acknowledging/connecting with a higher power is very important indeed for your spiritual health and your integrity as a human being.

Also...to feel genuinely fulfilled with your life, your spiritual health needs continually nurturing. Having a higher purpose/vocation (in line with your highest values) with the intention of benefitting fellow human beings and advancing humanity in some way (no matter how big or small), is nourishing for your soul and spiritual health. Taking care of your spiritual health will also help to keep you grounded and more fulfilled, habits 9, 12 – 15 and 17 - 21 will help you with this.

Model 2 ~ Emotional Vibration Chart (aka Map of Consciousness)



This chart is courtesy of the late Dr David R Hawkins MD who through extensive testing and research has mapped the range of human consciousness.

It is officially known as the 'Map of Consciousness,' however we're going to refer to it as the **Emotional Vibrational Chart** simply because that is easier to relate to in terms of health and getting you to focus on the key aspects.

It maps the 17 levels of human consciousness (each labelled as an emotion) on a scale of 1 – 1,000 which represents the levels of energetic vibration connected to the level of consciousness of each of the emotions.

You can see that the really good emotions of love, joy and peace are at the higher vibrational end of the scale and as we all know, feel really good. **That's where we all want to be!**

Conversely, fear, grief, and guilt etc, are at the lower end of the chart and don't feel so good to experience.

Important distinction...

We can all pretty much experience the whole range of emotions briefly from time to time. For example: we can be deliriously happy or really angry, these are fleeting short term emotional experiences.

However, underlying all of this, we each have an average vibration calibrating somewhere between 0 – 1,000. Dr Hawkins established that around 75% of the world's population is below 200 and only a small handful of people (less than 20) are above 600. Quite surprising!

There have been just a small number who have calibrated at the very top of the scale (enlightenment), here's 3 you may have heard of Jesus, Buddha, Krishna!

Instead of using the phrase average vibration, let's call it **resting vibration**.

The most important aspect of all ~ the higher your resting vibration, the better you naturally feel!

Now, it is quite obvious looking at the chart, if you have a higher resting vibration of say love (500) you are generally going to feel much better than if you had a resting vibration of anger (150).

This whole programme is devised to incrementally raise your vibration through all the actions/habits to continually move you up the scale.

Although on the surface you could be mistaken for thinking this is just a health and wellbeing programme, it's actually a feel-good programme as the repeated actions/habits are designed to push you up that chart so you vibrate higher and naturally feel better 😊.

The higher your vibration, the more conducive the energetic environment for the cells of your body.



Key note:

You cannot make big leaps in your resting vibration, for example: you cannot just go from say anger to love quickly, you can experience them as individual emotions in quick succession, but you have to go through each level in turn.

The chart is for your intellectual understanding, **your job is to simply focus on the recommended actions and mindset** with each habit as they will incrementally raise your vibration, slowly but surely.

And, more importantly, this isn't a quick fix, it's an incremental action programme for your lifetime (or until even better information is discovered and supersedes any aspect), hence why we want to help you install them as fixed habits.

Please burn this into your brain

It's your thoughts and corresponding feelings that are the driver with all of this as they **emit an energy field which affects everything around you.**

You attract whatever is vibrating on the level you're vibrating at, so **the higher up you get** on the chart (ideally love, joy and peace), **the better the circumstances and events you experience** and most importantly, **the better you feel!** 😊

How to Get the Most from this Habit

David and I created this programme as a 2-step process to learn each habit;

1. First step, **learning**: the information on the habit is to educate you on the importance to your health and **why** you should adopt it.
2. Second step, **doing**: you then know exactly **what** and **how** to do it, until it becomes a deeply ingrained habit.

Hopefully, you'll feel inspired to do the recommended actions until the habit becomes fixed and subsequently automatic for you 😊.

It just takes a bit of discipline first

The best definition of discipline I have heard is 'giving yourself a command and following it.'

The difference between discipline and habit is this;

Discipline is making decisions and taking actions using your **conscious mind**.

Habit is carrying out actions using your **subconscious mind** as you no longer have to think about it, you just do it.



So, once you have learned and understood the benefits of each individual habit, you just need a bit of discipline to carry them out daily until they become a fixed habit.

...and voila 😊!

Habits

We are all creatures of habit as this is how the unconscious mind operates when we repeat an action enough times.

Scientifically speaking, every single thought or action creates an electrical impulse across the neural pathways of your brain to create what are known as synapses. By repeating specific thoughts or actions you strengthen the neural pathways/synapses until they reach a point where conscious attention is no longer required. It then becomes stored in your subconscious mind and body, as a fixed habit.

If you repeat an action long enough the brain will naturally and unconsciously want to keep doing it and that is the plan!

Only 66 days needed!

There is a lot of talk about a habit becoming fixed after just 21 days, but recent scientific studies show it takes 66 days to fully ingrain a habit subconsciously.

David and I do 'earthing' (habit No 2) every single morning whatever the weather, we have done it for that long (several years) it would feel weird not doing it.

The first week or two is where the most discipline is required. After 66 days, you will have done it that many times, it will feel like the most natural thing in the world. It will be like getting dressed or brushing your teeth, you don't have to think about it, you just do it.

So, are you ready to get going?



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 20 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's a Snapshot of the Full Vibrant Health Programme (the other 21 habits)



Vibrant Health Essential Plan

The 11 Essential Habits...

Habit 1 ~ Enclosed

Habit 2 ~ A beautiful gift from nature. Utilising an unlimited source of healing energy to nourish your body and boost your immune system. Plugging into this free healing energy is very simple indeed, we've been doing this daily for over 5 years.

Habit 3 ~ This one is weight loss/management heaven 😊! Once you understand how your body's natural systems function best, you can work with them to aid weight loss/management and boost your immune system and general health. This has multiple benefits for you!

Habit 4 ~ The gateway to relaxation & rejuvenation. You unconsciously do this one already at times, however, when you put your focus on it and do it consciously, the stresses and strains of everyday life will just melt away 😊. Multiple health benefits!

Habit 5 ~ Use this to fully recharge your body every single day (2nd most important habit). This is the bedrock of good health and vitality that modern day life can play havoc with, if you're not careful. This will positively affect every area of your life when you adopt this with a bit of discipline.

Habit 6 ~ Will make you feel great 😊. It's fun, very natural and offers multiple health benefits from stimulating your immune system, effortlessly toning your muscles to filling your blood stream with endorphins.

Habit 7 ~ Will supercharge your health and immune system. This is paramount to give you a solid core for your health, vitality, and well-being. This is about taking good care of your inside, so it is reflected outwardly in your energy and vibration.

Habit 8 ~ Will also fill you with lovely endorphins 😊. From boosting your energy levels, making you feel positive about yourself to burning a few calories, this one has a multitude of health and well-being benefits for minimal effort (you can even do it whilst watching TV!).

Habit 9 ~ This is a little bit of nirvana for you. Combining relaxation and restoration, it will do absolute wonders for your physical, mental, and emotional well-being. We've included some audio bonus's so you can completely lose yourself in a beautiful way.

Habit 10 ~ Is 'high grade' fuel to nourish your body. If your body could communicate directly with you about its vital needs, to maximise your potential for vibrant health and wellbeing, this habit takes care of those very important needs.

Habit 11 ~ Is the elixir of the gods 😊!! This one is the most uplifting, exhilarating, and energising habit you could possibly do! This is about connecting on the deepest level of your being. It will make you smile and put a twinkle in your eye when you do it!

Vibrant Health Advanced Plan

The 11 Advanced Habits...

Habit 12 ~ Will help you step into your true power! This will help you to build a solid core of mental strength with integrity. It will change the way you go through the world and people around you will notice! It is primary building block to creating a life of purpose, fulfilment, and joy.

Habit 13 ~ Is the key to mental liberation! As the most important advanced habit this will help you clear all that mental and emotional baggage that holds you back. This is the cornerstone of emotional and mental well-being to help you build the foundation to then do anything you wish.

Habit 14 ~ Is the key emotional freedom. This will help you to remove any anxiety & stress from your life within seconds! These very simple, yet very powerful tools (you'll master them in minutes), will help you remain calm, relaxed and in control, no matter what life throws at you.

Habit 15 ~ Will help you nourish your soul and live authentically (very important indeed. The real authentic you has many desires your heart longs to fulfil. This will help you discover/reconfirm what they are and structure your life around them to naturally express your heart and soul, so you live a life of inspiration, enthusiasm, and joy 😊.

Habit 16 ~ This will magnify your self-belief and self-worth. Going through life with a good level of self-belief will naturally open more doors for you. This habit will help you develop it and give you the tools to be able to instantly tap into it, whenever you need it. You'll feel powerful 😊!

Habit 17 ~ Will make you feel fantastic and put a spring in your step! This is the very foundation of feeling happy and full of zest for life (it will bring out your inner child). These simple actions will fill you with endorphins and positively rewire your brain to make you feel wonderful 😊!

Habit 18 ~ Will give you a natural pair of rose-tinted spectacles 😊. Building on habit 17, this will also help to rewire your brain to expect and attract the very best. Your energy levels and vibration will significantly increase, and you'll see the world very differently (in a very positive way).

Habit 19 ~ Will help you attract what you truly want! Working closely with habits 17 & 18, this one will not only rewire your brain but more importantly your body to naturally attract what you really want. The natural side effect is that you will feel wonderful (the more you do it, the better you feel) 😊.

Habit 20 ~ Will nourish your soul and make you instantly feel good. This very simple practise of deeply connecting will automatically raise your vibration and bring a constant supply of positive experiences into your life.

Habit 21 ~ Will nourish your heart's desire to connect. As social creatures we all have a deep psychological need to feel connected as humans as it is fundamental to our emotional and mental well-being. This will help you nurture and feel those deep connections you instinctively desire.

Habit 22 ~ Will help you feel and attract more abundance! Whether it is financial or intangible riches, these exercises will naturally help you **feel** more abundant and subsequently attract more of what you desire, to you.



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.

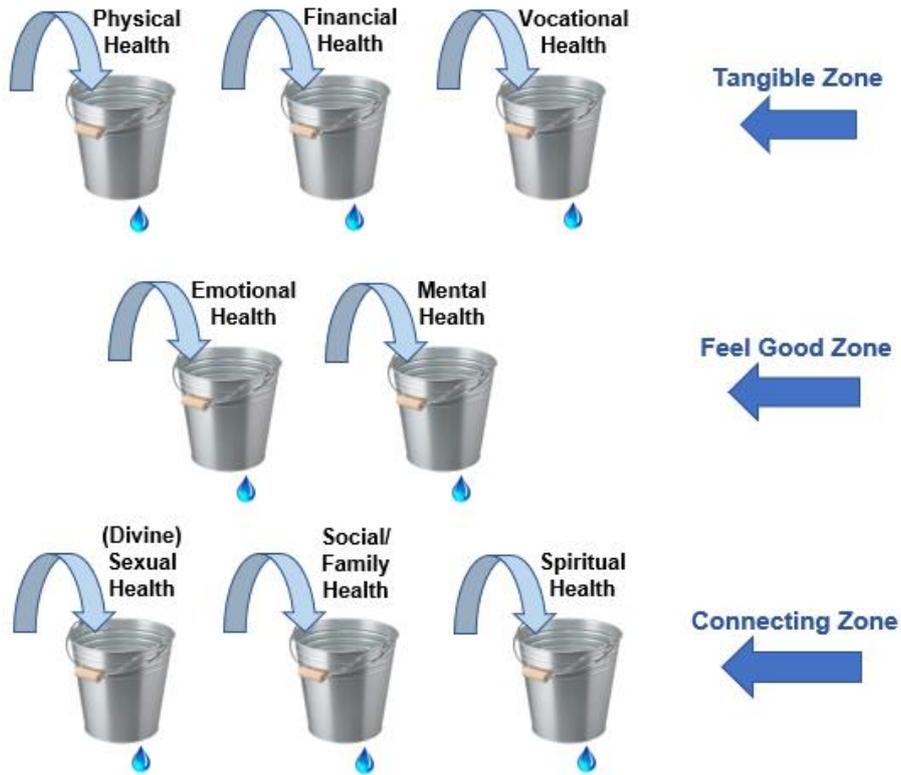
11. You will likely forget all this...but you can remember it whenever you want 😊.



Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA

