

Your Personal “Water Treatment” Plan

It's about water....Keep it moving through your body.

DO'S

- 1. In addition to your daily intake of water,** make sure to drink a glass of water when you first rise in the morning and another glass of water right before bed.
- 2. Drink:** eight, 12 ounce glasses of water everyday...
- 3. The bottom line:** Drink half your body weight in ounces of water.
- 4. Stay active.** Earn the water you drink each day. The less activity, the less apt we are to drink water, or have an appetite for drinking it.
- 5. Drink water diligently throughout the day.**
Waiting for thirst is not an accurate indication that you need water. In fact, thirst connotes dehydration.
- 6. Drink a glass of water before every meal.**
- 7. Drink water after activities;** not caffeinated beverages to quench your thirst.
- 8. Drink the purest freshest water you can find.**
Note: Better to drink water, regardless of its quality, as compared to not drinking water at all.
- 9. Drink a healthy amount of water right after you urinate.**

Don'ts

- 1. Don't drink during meals.**
- 2. Minimize all caffeinated beverages** which includes soft drinks.

For more details, please listen to the 2/15/14 HealthQuest Radio Show, “Dr. K Does a Water Treatment on Us,” on our blog, “AdventuresInHealth.com.” Be sure to visit our website at HealthQuestRadio.com.

Ask for our travel handbook, “Fit For the Cockpit”, a handy reference guide for everyone who travels, written by Dr. David Kolbaba. It includes more information about drinking water and traveling, food lists and much more!

Call our HealthQuest Radio Hotline at 1-800-794-1855 for more information