



REFRESH

A 6 WEEK HYDRATION PROGRAMME

BY HYDRATEM8

HYDRATION IS LIFE...

Regular hydration throughout the day will promote the best possible health for your body and mind.

Hydration is not an option; it's an essential fact of life, and couldn't be easier if you follow the simple steps shown in our plan.

In just a few weeks you can sharpen up your brain, recondition your body and get that beautiful glowing skin back again. Hydration really is your 'magic potion'.

Start today and discover the new you; it's sitting there, waiting for you. This is our aim, and with good and clean hydration sources at your fingertips in the Western world, there should be nothing to stop you.



**WE
ARE
HYDRATION**

HOW TO INCREASE YOUR WATER INTAKE

Water doesn't just come out of a tap or a bottle – it is omnipresent in many plant-based foods. Good hydration can be achieved from these foods coupled with drinking water.

Foods high in water content are items such as watermelon, cucumber, lettuce, courgettes, celery, radishes, green peppers, tomatoes, spinach, broccoli, cauliflower, fresh berries, grapefruit and baby carrots. These contain between 97% and 90%, in descending order. Other fruits also contain high water content, but match this with high sugar content and are best avoided. Fruits such as pineapple and mango, for example, are best consumed in small quantities as they contain more sugar than those listed above.

Drinking water should not be torture, although many people complain that it is 'boring, tasteless, and eventually hard to swallow'. There are many ways to help you find water more palatable, as well as interesting. Try fresh fruit immersed in your water with plenty of ice, which is particularly tasty in the summer.

Alternatively, enjoy a good cup of matcha or other flavoured tea, such as Earl Grey; add some slices of lemon instead of milk. Easy, tastes good, and is very healthy. Anything can be added to plain water – cucumber, limes, lemon, berries, herbs, etc – all of which provide a great taste. Flavoured waters such as coconut are also a healthy and hydrating drink, but be cautious of pre-packaged water that may contain added sugar.

Some other easy ways of getting enough water (train yourself, it's all about mindset) include:

- Keep a jug of refreshing cold water in your fridge
- Drink a glass of water on waking up, or a detoxifying water with lemon
- Try to remember to drink water every time you visit the toilet to urinate
- Invest in a high quality water bottle that shows you when to top up

If out for the evening, stay away from salty foods and drink water on a one-to-one ratio if you are consuming alcohol.

OUR PLAN – YOUR GOAL

We believe that your plan to achieve a healthier 'you' should take no more than six weeks, starting with an overhaul of your system and a period of ridding your body of any build-up of toxins. Remember that hydration is not a short-term prospect. It's a lifetime of one of nature's valuable resources – water.

If you enjoy exercise, you will already know that it is important to keep hydrated. If you are embarking on exercise for the first time, or starting a new programme on your journey to a healthier you, please remember that regular intake of water is essential to keep hydrated. Hydration does need to be coupled with a good diet and exercise – the three principles of improving your overall health. Water behaves as a means of transporting your blood around your system to ensure that it reaches all organs and cells. Without exercise, this process is somewhat interrupted or thwarted and bad circulation can lead to other illnesses or blood clots.

Good hydration and exercise really are a perfect partnership to ensure that you maintain a good standard of health.





THE AMAZING HEALTH PROPERTIES OF WATER (THE SCIENCE)

Our bodies consist of around 70% water.

In the body, water is used for virtually every mechanism and process that you perform on a daily basis. Without water we become dehydrated, which is why drinking water on a regular basis is vital for our bodies functionality. Keeping hydrated means that water can perform its natural transportation of both oxygen and nutrients to all of our cells and organs.

Our bodies should be treated like any other 'machine'. Keeping hydrated will provide the natural lubrication for our joints, as well as acting as a cushion to protect the parts of the body needed to make you perform ordinary functions like walking, running, lifting and even sitting.

As much as water transports nutrients into our bodies, it also aids in exporting the toxins that surround our every day lives in the form of urine (via the kidneys) and faeces in the form of secretion (via the bowels). Inadequate hydration will considerably affect these natural movements from the body and potentially cause severe illnesses. Toxins must be flushed out of the body, so hydration is imperative to help prevent urinary tract infections and kidney impairment.

Hydration is also important as it acts as a body thermometer, lowering the body temperature if it becomes too hot, and aids in the performance of normal functions such as perspiration, which we use as a method of cooling ourselves down. It also helps to ensure the smooth flow of blood through our veins and arteries, lowering the risk of blood clots.

Many people do not realise that our skin is also an organ, and hydration is of vital importance to prevent it from drying out and causing a grey and lacklustre appearance. There is little point in investing in expensive lotions and potions if your skin is not properly hydrated. Our bodies operate from the inside out, so what you consume (including foods) will make a huge difference to your external appearance.

‘Brain fodder’ is often talked about as a dietary essential, but to avoid frequent headaches, dizziness, lethargy, and the dreaded ‘fog’ where you cannot think clearly, simply turn to water to clear your mind. Hydration really counts.

BENEFITS OF WATER

- Keeps your body functioning in tip-top condition
- Prevents thirst, dry mouth and overall dehydration
- Lubricates joints
- Prevents fatigue and lethargy
- Provides your brain with oxygen for clarity of thought
- Helps prevent headaches, dizziness and even fainting
- Aids in lowering cholesterol and hypertension
- Acts as a cleanser for most organs, such as the liver and kidneys
- Helps prevent blood clots by regulating blood flow
- Aids skin repair and helps towards supple skin
- Keeps the body cool during and after exercise, and extreme temperature conditions

DANGER SIGNS OF DEHYDRATION

Dehydration occurs when we are not drinking enough water to replace the fluids that we lose. It is essential to replace these fluids by drinking on a regular basis.

Some signs of dehydration are:

- Fatigue and/or lethargy
- Dry mouth/constant thirst
- Headaches, dizziness or fainting
- Inadequate urine output or dark, strong-smelling urine
- Constipation
- Rapid breathing and increased heart rate
- Inability to focus or concentrate
- Reduced skin turgor (elasticity), dryness, dull patches

When illness occurs, such as a fever, diarrhoea or any other disease that causes you to lose excess fluid from your body, it is essential to keep hydrated – even if you don’t feel thirsty. In some cases, thirst is not necessarily a symptom of dehydration. If you experience severe thirst even if you are hydrating enough it would be wise to consult your doctor, as this could be a sign of an underlying condition such as diabetes.





WEEK 1 – THE CLEANSE

The first week of our plan is essentially a cleansing of your system. Over a period of time, however healthy you may believe you are and how sensibly you may eat, toxins will build up and need to be expelled from your body. It is somewhat like ‘spring cleaning’, but should be done during any and all seasons.

Water is extremely important during the initial part of the plan to flush out your system. You should drink your full complement of water, and even a little more, during this first period. If you are not already using a programme of exercise, introduce this immediately – even if it is only a brisk walk for 20 minutes. Ease into exercise, don’t rush, as you may cause other damage to your body. Build on this as the week goes on; it doesn’t have to be gym-related, as anything will do, provided as you are gently using your cardiovascular system and giving your body a wake up call.

Your liver is one of the most important organs to cleanse, and a good way to do this is by drinking a glass of warm water with freshly squeezed lemon juice – or slices of lemon – first thing in the morning. If you feel particularly dehydrated in the morning, try following this with a glass of water and add a sugar-free hydration sachet. This will help replace any electrolytes lost during dehydration, which may have been caused by excess alcohol, salty foods or a tummy upset. If you have experienced severe diarrhoea or vomiting, your doctor or chemist will often recommend rehydration sachets.

During Week 1, remove fatty foods from your diet, avoid sugar (you can have natural sugars from plant-based foods, or items such as raw honey), and avoid wheat products (bread, pasta etc), as they cause bloating and inflammation of the gut. Start the day with a wholesome breakfast, such as porridge and berries. Berries have high water content, and are thus recommended at any time of the day.

Most meals during the cleanse period should be plant-based, such as fresh vegetables, salad and fruit. Just ensure that your vegetable intake is higher than your fruit (60/40 ratio in favour of vegetables), as some fruits contain a high level of fructose (fruit sugars). Once again, vegetables are very high in water content.

During the first week, you may experience more frequent and heavy urination. There is no need to be alarmed, as this actually means that the cleanse is working. Your body will soon adjust and become used to the level of water, and water-based foods, that you are consuming.

HOW TO INCREASE YOUR WATER INTAKE WITH A HYDRATEM8 BOTTLE

When you are trying to drink enough water for a detox, most people will find that they need to increase the amount that they usually take in on a daily basis.

One of the best things that you can do in this respect is to make sure that you carry round a water bottle with you at all times. Our HydrateM8 bottle can be very helpful, as it is marked with timings to ensure that you drink as much as you are aiming for during every single hour of the day. This means that you can be certain that you are drinking enough for your detox, without getting right to the end of the day and realising that you have been left behind.

Remember to fill at the start of the day, drinking small sips within the hour markings on the left hand side, and then refill and follow the hour markings on the right hand side.





WEEK 2 - EASY DOES IT

Continue as in Week 1. If you have avoided meat products during the first week, please do start to reintroduce them – gradually though, not all in one go. They must also be lean meats, grilled or poached fish. Continue to avoid fatty foods and sugar.

Eating light is still essential, as overloading yourself in Week 2 will merely harm the efforts of Week 1. Avoid frying foods, use grilling or poaching, and continue eating your 'five a day' (fruit and vegetables).

Start with your usual healthy breakfast, but keep your other main meals light. For lunch and dinner, eat foodstuffs with a high water content such as vegetables, salads, homemade soups and broths, meat that has a high protein/low fat content (for instance chicken, turkey, pork or lean beef), or fish that is rich in Omega 3 and high water content (e.g. salmon, tuna, mackerel). Drink water or fruit-infused water, and avoid sodas or fizzy drinks as these can cause an increase in wind or indigestion, as well as causing dehydration.

If you wish to dress or marinate your food, use simple ingredients such as a touch of olive oil and lemon with herbs or some garlic.

Increase your exercise level, but under no circumstances overdo it. Just take every opportunity to walk whenever you can.



WEEK 3 – THE BALANCE

This could be a crucial week, as many people start to crave their favourite foods by this point – which almost certainly will be sugar or carbs! Continue your plan, but introduce a little more lean meat, and certainly more fish, into your plan. Avocados are also a healthy addition, and substantial enough to satiate your hunger. If sweetness is what you are yearning for, try adding small amounts of raw honey to your water, stirring well.

By now you should start to feel good and much more energised. Water is still very much an intrinsic part of this plan, so make sure that you keep your water intake up to at least 1.5-2 litres per day – more if you have started to increase your exercise level. If you have increased physical activity, remember to replace any fluid that may have been lost during and after exercise.

Think about your hydration levels, and drink regularly throughout the day and into the evening.

A calming tea before bed, such as a mint or camomile tea, will help you get a good night's sleep and keep you hydrated through those hours you spend asleep. This should also prevent an uncomfortable dry mouth upon awakening.

REFRESH

HEALTHY PEE CHART

Hydrated

These colourations 1 – 3, show that you are fully hydrated. However if you have reached level 3 (pale yellow) you are beginning to show the signs of dehydration, and should up your water intake.

1

2

3

De-hydrated

Level 4 (a darker yellow than level 3), indicates that you have started the dehydration process and need to drink more water. From level 5 upwards to level 8, you are in fact dehydrated. Whilst not critical at level 5, more water is necessary to prevent symptoms worsening.

At Level 8, you are seriously dehydrated and in need of rapid hydration to increase your electrolytes.

4

5

6

7

8

REFRESH

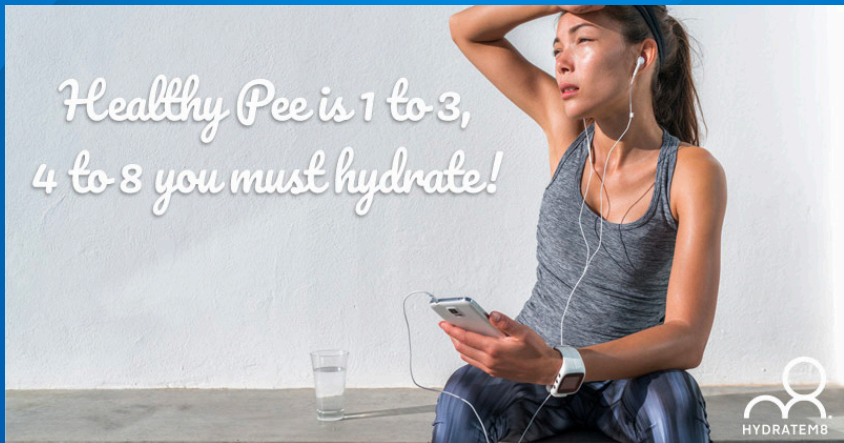
TIME TO TALK ABOUT THE COLOUR OF YOUR PEE!

A good indication of dehydration is the colour of your urine. Urine can be slightly darker first thing in the morning due to the build up of acids, or even what you ate and drank the night before. If your bowels become irritated with a gastric problem, this can also result in dark orange urine, as your hydration levels have dropped – equally so with sickness or vomiting.

Ideally, your urine colour should be extremely pale to a very light yellow. Darker than this can be a sign of dehydration so you need to grab your water bottle – and fast!

Teach yourself and put little bookmarks in your mind to hydrate at least every couple of hours or less, depending on your environment.

Remember a very important rhyme –





WEEK 4 GET THE HEART PUMPING

By now your hydration levels should be balanced, and energy levels almost at a premium.

Now is the time to up your exercise to a higher level. Increase walking, or if possible, start to do some light jogging or running. If you enjoy dancing this is another great form of exercise, keep on the move where possible. Remember to hydrate during and after exercise, especially when you increase the level of activity. We recommend exercise in order to keep your blood flowing and transporting nutrients throughout your body.

Your food intake should remain much the same, but you can introduce slightly larger quantities if you find yourself feeling very hungry due to an increase in activity. However, make the portions larger but still light on the stomach – more salad, more vegetables and more low-sugar fruit, especially berries.

You can even try some natural waters or juices, such as coconut or cactus (check the labels in supermarkets for low sugar). Hydration is the key to feeling good about yourself.



WEEKS 5 & 6 – THE RESULTS

The new you should have emerged by now. Continue the plan and increase your exercise level again where possible, but stick with the same food regime and hydrate regularly. It is important to remember that, as your exercise level increases, so should your water intake.

If at any time you ‘slip’ off this plan, you can always go back to the beginning. Hopefully your system is considerably more cleansed than before, so a short-term cleanse of 3 days to get you back into condition would probably suffice. Your body should tell you how it feels by now.





TIPS AND TRICKS TO STAY HYDRATED

There are many different ways to stay hydrated beyond just drinking water. Your mindset is very important however, so try to train yourself – by your own methods – to remember to drink. It is amazing how many people do not regard this as a priority.

Patients in one group of UK hospitals actually use rubber bands; every time they hydrate, they put a different coloured band on their arm. This may be a good method for children, but adults can have a much simpler life by taking advantage of a cleverly marked bottle, which tells you when and how much to drink. It simply could not be any easier.

Drinking is not the only way, though – eat your way to hydration as well as drink.

Here are some ideas to help you keep hydrated:

- Keep a snack box in the fridge – carrot batons, slices of cucumber, cherry tomatoes and chopped lettuce or spinach leaves, as an example. If you keep them ready to eat, it is easy to just open the box and munch on them. They provide an incredible amount of water content, and can be used in the office too. The same applies to fruit slices or pieces.
- Make fruit ice cubes. Keep a tray of frozen ice cubes, or make them up in advance, and place in bags once frozen. Berries work well, but also watermelon. These are very refreshing at any time of the year. Alternatively, freeze bananas, as they are almost like eating a dessert without the high sugar – just cut the bananas in half if they are large in size. Alternatively, buy yourself a popsicle tray and make some fruit-based lollies, mixed with coconut water. This is one of the best hydration possibilities for you.

- Soak some chia seeds. When soaked, they expand up to ten times their size and provide not just good hydration, but health-promoting properties. Perfect for a snack in the car or at your desk.
- If you are a home cook, make plenty of vegetable broths or soups for lunches and light suppers. Include plenty of green leaves and high water content vegetables such as cauliflower, carrots etc., but not too many starchy vegetables such as potatoes or squash. Courgettes are also extremely hydrating, as are tomato-based cold soups, such as gazpacho. Green peppers are extremely high in water content, and one of the great ingredients of gazpacho.
- Drink fruit- or herb-based teas. Herbs have a high water base and add extra flavour to water. Cranberries are excellent to use in teas, as they contain a high level of antioxidants and minerals. This makes them a perfect choice to balance your hydration.

Above all, consume water in any of the forms above – whether in the food content, or a simple, refreshing drink. Drink regularly throughout the day, and remember to top up after increased physical exertion or in extreme temperatures.

TAKE CARE OF YOUR SKIN

Hydration of your skin is as important as your inner self. Exposed to the elements and free radicals in the air, skin can easily become dry, flaky and dull. There are some easy steps to take during and after your hydration plan to help you achieve glowing, beautiful skin.

- Primarily, remove dead skin cells from the soles of the feet all the way upwards. You can do this by dry brushing before a shower or bath, which will activate your lymphatic system and eliminate toxins.
- After bathing or showering, drink plenty of water to replenish and promote the growth of new skin. Drinking water is the best way to keep your skin hydrated.
- A soak in the bath in the evening will help remove any more toxins after a busy day, and also help you relax. A warm bath as opposed to a hot bath is better for your skin, as water that is too hot has a dehydrating effect.
- If you love swimming in the sea or chlorinated swimming pools, remember to shower in normal water afterwards. Certainly brush off any salt that may remain.



THE ULTIMATE DETOX

If you're looking to kickstart your metabolism and begin a detox, this water recipe is the perfect way of doing so. It's filled with a variety of fruits, vegetables and herbs that guarantee that you'll be feeling better than ever in no time at all! The citrus fruits are cleansing, and the ginger provides a calming effect on the stomach.

Serves: 2

Preparation Time: 5 minutes

Ingredients:

- 1 Lemon
- 1 Lime
- 1 Grapefruit
- 1 small cucumber
- Small handful fresh mint
- 6-8mm of fresh ginger – peeled and sliced into very thin slices
- Water

Method:

- Fill your bottle with water.
- Slice your lemon, lime, grapefruit and cucumber down as small as possible so you can drop them into your bottles.
- Add the mint and ginger and allow it to infuse with the water.
- Sip slowly and steadily, feeling the boost that your body will be provided with!



BEETROOT AND PINEAPPLE

This may sound odd, drinking beetroot juice, but it is incredibly healthy and thirst quenching when combined with pineapple, and a hint of citrus and mint. High in Vitamin C to strengthen the immune system, and plenty of fibre for the digestive system. Science is currently proving that beetroot can also help towards lowering blood pressure.

Serves: 2

Preparation Time: 5 minutes

Ingredients:

- 4 small beets, cooked
- 4 slices fresh pineapple, cut into wedges (to fit into your HydrateM8 bottle)
- 2 small lemons, 1 sliced, the other juiced
- Handful of fresh mint

Method:

- Make sure you clean the beets and remove all the skin and root.
- Cut the pineapple into pieces as directed (remove hard exterior).
- Place all the ingredients into your water bottle and fill with tap or mineral water.
- Place in refrigerator overnight. You can leave for up to 2 days to allow the flavour to develop even more.



PINEAPPLE AND LEMON 'FIZZ'

One of the most glorious and aromatic herbs you can grow in your garden or buy from supermarkets and garden centres is Lemon Verbena. The difference it makes to an infused water or juice is quite incredible in terms of flavour and smell. Coupled with pineapple, it really is refreshing. If you want it REALLY lemony with a bit of spice, add a small piece of lemongrass.

Serves: 2

Preparation Time: 5 minutes

Ingredients:

- 3 rings of fresh pineapple, hard core and skin removed, flesh chopped
- 12 Lemon verbena leaves, gently crushed in your hand
- 4 small slices of lemon, thinly cut
- 1 (and a bit) litres of Sparkling water (you can use ordinary tap water if preferred)
- Optional – 3cm lemongrass, crushed
- Optional – 1tsp vanilla essence for sweetness, or artificial sweetener such as Stevia
- Ice

Method:

- It is best to mix this in a jug, then transfer to your water bottle.
- Put the fruit and herbs into a large jug. Top up the jug with your choice of water.
- Stir the jug round, and place in the fridge for up to 2 hours.
- Remove the lemongrass and decant the remains of the jug into your water bottles.



WATERMELON AND MINT

Very thirst quenching, as water melon is 90% water anyway! Full of rehydration salts this will 'pick you up' quickly. Suck on the watermelon afterwards or during your drink, and this will revitalize your energy. Watermelon is nutrient dense, including a vital antioxidant called lycopene, which promotes a healthy heart.

Serves: 2

Preparation Time: 5 minutes

Ingredients:

- 3 slices from a medium sized watermelon, cut into chunks, skin removed (include seeds)
- 12-15 healthy mint leaves, torn
- Juice of 2 limes

Method:

- Place the watermelon into the water bottle along with the mint leaves (try not to put too much of the stalks in there).
- Fill the water bottle with very cold water. Shake the bottle.
- Leave in the fridge until ready to drink. Shake vigorously before consuming.



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FOR MORE INFORMATION...

Visit us at www.hydratem8.co.uk



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