

DEHYDRATION

Make hydration a priority



HYDRATION IS CRITICAL

Staying hydrated is critical to our health. We need a proper balance of electrolytes for hundreds of biological processes in the body. Severe dehydration is dangerous, so stay hydrated to stay healthy.

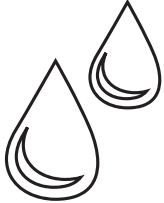
Don't drink dead water!

If you drink filtered water, chances are there are no minerals in it. Be sure to remineralize your water! (ConcenTrace Trace Minerals drops)



WARNING SIGNS OF DEHYDRATION

| | |
|---------------|--------------------|
| Fatigue | Ceased sweating |
| Flushed skin | Lightheadedness |
| Muscle cramps | Heart palpitations |
| Thirst | Muscle weakness |
| | Feelings of hunger |



COMBAT AND PREVENT

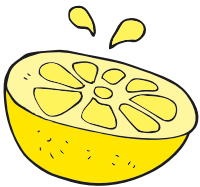
It is important to drink at least 32 oz of water a day.

Drink water before you start feeling the symptoms of dehydration.

If you are sweating a lot, exercising, or if it is hot out, increase electrolyte intake.

Hydrate before you caffeinate

Drink a glass of water before you drink your morning coffee or tea



INCREASE ELECTROLYTES AND MINERALS

- Make a homemade electrolyte drink
 - Made with coconut water, filtered water, lemon and lime juice, and a pinch of sea salt
- Drink coconut water
- Add a pinch of good quality sea salt to your water
- Add Trace Minerals to your filtered water (ConcenTrace)

ROOT & RESTORE

732-641-2217

ROOT-RESTORE.COM

ROOTANDRESTORE@GMAIL.COM