

HYDRATION TIPS

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the **decadent detox**

#thecadentdetox

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The Importance of Hydration

We need water to survive, and we must stay hydrated for optimal health.

Water makes up about 60% of our body weight, and helps transport oxygen, fat, and glucose to our working muscles, regulates body temperature, digests food, and eliminates waste and toxins.

We get water either from water-based beverages or from high-water content foods such as greens, cucumber, celery, radishes, melons, or berries. (See chart.)

Raw fruits and vegetables provide vitamins, minerals, fiber and protein along with fluids. Some studies show that watermelon or cucumber may hydrate your body twice as effectively as a glass of water after exercise because these high-water content fruits replenish the natural sugars, amino acids, mineral salts, and vitamins that are lost during physical activity.

In order to get fuel from foods our bodies need fluids. Via digestion and our blood, water transports all the nutrients we rely on, then flushes out wastes and toxins. So, we have more energy when we're hydrated. Even mild dehydration is a downer.

Ways To Hydrate:

- filtered water
- alkaline-forming water: To a 16-oz glass water, add 2 TBSP fresh lemon or lime juice; 1 TBSP apple cider vinegar; or 2 TBSP liquid chlorophyll
- fruit-infused water: steep fruit and herbs into 2 quarts/liters of filtered water: lemon + ginger; strawberry + basil; cucumber + mint; orange + rosemary; pineapple + cilantro
- herbal teas
- fresh juices
- raw smoothies
- unsweetened slushies and granitas
- blend fruit and water for aqua frescas
- blend raw fruit and freeze in ice cube trays to flavor water
- raw pieces of fruit
- raw vegetables with raw dips
- raw salads
- spiralize zucchini into zoodles in place of cooked pastas
- blend raw frozen fruit into nice cream

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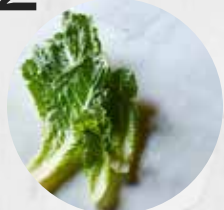
20 WAYS TO EAT YOUR WATER

1



CUCUMBER
96% WATER

2



LETTUCE
96% WATER

3



ZUCCHINI
95% WATER

4



RADISH
95% WATER

5



CELERY
95% WATER

6



TOMATO
94% WATER

7



GREEN CABBAGE
93% WATER

8



WATERMELON
92% WATER

9



STRAWBERRIES
92% WATER

10



CAULIFLOWER
92% WATER

11



RED CABBAGE
92% WATER

12



PEPPERS
92% WATER

13



SPINACH
92% WATER

14



GRAPEFRUIT
91% WATER

15



BROCCOLI
91% WATER

16



CANTALOUPE
90% WATER

17



PEACHES
88% WATER

18



PINEAPPLE
87% WATER

19



ORANGE
87% WATER

20



RASPBERRIES
87% WATER