

5 STEPS TO BETTER HEALTH

Step 1: Hydrate

TESS: Hi, I'm Tess Masters, The Blender Girl.

KAREN: And I'm Karen Kipp, The Juice Goddess.

TESS: Step 1 of the 5 Steps To Better Health is Hydrate.

We have to have water to survive, and we've just gotta stay hydrated for optimal health. So, water makes up about 60% of our body weight, and it helps transport oxygen, and fat and glucose to our muscles; it helps regulate body temperature; it helps digest food; and it's absolutely critical for eliminating waste and toxins.

KAREN: We get water either from water-based beverages or from high-water content foods such as these, like the melons, and the berries, and the cabbage.

TESS: So, raw fruits and vegetables provide vitamins, minerals, fiber, and protein actually, along with a lot of fluids. So, some studies actually show that watermelon and cucumber, for example, hydrate your body twice as effectively as a glass of water after exercise. And this is because these high-water content fruits and vegetables actually replenish the natural sugars, the amino acids, the mineral salts, and the vitamins that are lost during physical activity.

KAREN: In order to get fuel from foods our bodies need fluids. So, whether it's with digestion or in our blood, water transports all of the nutrients we rely on, then flushes out the wastes and the toxins. So, we have more energy when we're hydrated.

TESS: And, most of us are actually chronically dehydrated. So, even mild dehydration has adverse effects. It causes you to be hungry, you get sluggishness, and you get really fatigued.

So, if you're thirsty, you're already dehydrated. So, if your lips and skin are dry, you're dehydrated, which means you're actually not firing on all cylinders, and you don't have enough energy.

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KAREN: So, here are some easy ways to hydrate:

Drink water – 8 to 10 glasses a day. Drinking lemon water is a great idea. We have that around all the time. And, for a 16oz glass of water you can also add some apple cider vinegar, you can add some liquid chlorophyll - 2 tablespoons.

TESS: 1 to 2 tablespoons depending on what your taste preferences are. If you don't get excited about plain water, try steeping some fresh fruit and herbs into your filtered water.

We love adding:

- lemon and ginger
- strawberry and basil
- cucumber and mint
- orange and rosemary
- pineapple and cilantro

Another really great idea is blending raw fruit and freezing it into ice cube trays. We call that flavored water. So, just pop open your ice cube tray, and drop in 2 to 3 flavored ice cubes to a glass of filtered water.

KAREN: Another great option is herbal teas, whether you drink them hot or cold. We personally love sweet rose tea. But you can try lots of different types of teas. And, as long as they're herbal they count towards your hydration.

And, then you can also try fresh juices. So, you can make fresh juices with all of these high-water-content fruits and vegetables: cantaloupe, or cucumbers and cabbage, and berries are all excellent options.

TESS: And, of course, I'm going to say smoothies! Of course! So, that's a really really great delicious easy way to pack in a ton of these really hydrating fruits and vegetables.

Another thing you can do is blend fruit and water to make aguas frescas, and just serve them over ice. That's really refreshing in the summer weather.

Or you can just blend fruit and make slushies with ice, or freeze it into baking trays to make granita. It's absolutely delicious.

KAREN: Another super easy way to hydrate is to just eat raw fruits and vegetables. So, raw fruits like the melon right there. That's a great way. You can also just use just raw vegetables, and raw dips, and raw salads.

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TESS: Yeah, instead of crackers. Yeah, that's a great idea.

Another thing is, we all love pasta and our carbs. But, spiralizing zucchini into zoodles in place of the cooked pasta will help you get all of that mineral-rich water as well.

And, I think the most fun way is just to make ice cream. You know, just fresh frozen fruit and just throw it into your blender with some milk or some water, and that's fantastic ice cream.

So, you can find a ton of hydrating recipes at TheBlenderGirl.com

KAREN: So, check out our Step 2 Video at TheDecadentDetox.com for more tips on how to get healthy, and stay healthy.