HYDRATION CALCULATION

Fully rehydrating yourself often takes about 14 days. During this time, you are restoring balance at the cellular level, retraining your kidneys, and rebuilding depleted systems that have adapted to chronic under hydration. Here are simple steps to calculate how much sipping you need and the tools that can help you stay on track.

Step 1: Calculate half your body weight and that is the number of ounces of water you should be sipping throughout each day. For example, if you weigh 140 pounds your ounces of daily water would be 70 ounces as your baseline.

- **Days 1–7:** Sip half your body weight in ounces of water, bone broth or herbal tea- measure daily
- **Days 8–14:** Sip 90 ounces daily
- For every alcoholic beverage and caffeinated beverage, add an additional glass of water to your daily goal!
- If you're not measuring, you are not drinking enough. Period.

Step 2: Order unflavored electrolytes made from ancient sea salts to boost your water with what it needs to get into your cells and support your metabolic functions.

- 1 teaspoon electrolytes to 24 ounces water

Step 3: Make sure you have the proper tools to help you hydrate.

- Glass straws for sipping morning lemon water
- Large glass mugs for herbal teas
- Water bottles for measuring, so you stay accountable
- Herbal teas and low sodium bone broth