

# *The Ripple Effect Diet*

*... feel how good health looks on you!*

## **Water & Your Weight** **How Staying Hydrated Keeps You Healthy & Slim!**

*When was the last time you had a **headache**?  
Does your **low back** bother you?  
Feeling a little bit “**constipato**”?*

Well guess what? YOU MIGHT BE DEHYDRATED!!

The **top three most common symptoms** of dehydration are headache, low back pain and constipation. Not fun...especially when it is sooooo easy to prevent these problems.

### **Symptoms of Dehydration**

Other common symptoms of dehydration are:

- ✓ Fatigue
- ✓ Overeating
- ✓ Acid Reflux/GERD
- ✓ Skin Problems: dry skin, acne, breakouts, wrinkles, etc...
- ✓ Hypertension (high blood pressure)
- ✓ Asthma
- ✓ Peptic Ulcer
- ✓ Allergies
- ✓ Arthritis

So what's the solution? You guessed it, DRINK SOME WATER! But not just any water. Please be sure that the water you put in and on your body is pure, properly-filtered and from a natural source.

To make it easy for you, here are my **Top Tips for Staying Healthy and Hydrated**:

- 1) Drink a **minimum of ½ your body weight** in ounces of water per day.

- 2) Drink *more* water if you are:
  - ✓ Under stress
  - ✓ Exercising
  - ✓ Fighting an illness
  - ✓ In extreme temperatures (hot or cold)
  - ✓ Trying to lose weight
  - ✓ Drink caffeine (coffee, soda or tea) or alcohol
  - ✓ Are on any medications or take a prescription drug.
  - ✓ Have *any* of the “Symptoms of Dehydration” (see above)
- 3) **Don’t confuse hunger with thirst!** Being dehydrated can cause you to overeat! If you find yourself hanging on the refrigerator door, not knowing what you feel like eating, you’re probably not physically hungry at all. Try drinking a nice tall glass of pure clean water or maybe even sparkling mineral water before you mindlessly pick at something you don’t really want and see if that satisfies your search.
- 4) Always drink water at **room temperature** to minimize digestive stress. Cool beverages impair digestion and hydration because the body has to warm the liquid up to the proper internal temperature before it can then pass through the system to be used and distributed throughout the body.
- 5) Drink the majority of your water **IN-BETWEEN meals**. This is so you don’t dilute your digestive juices and enzymes. When eating, drink only enough to wash down your food.
- 6) Don’t forget to put **water filters** on your shower and bath heads and kitchen sink faucets. This goes for **food washing** and any water used when **cooking** too. Remember, *if it’s on your skin, your eating it!*
- 7) **Sodas, tea, coffee and alcohol** do *not count* as sources of hydration. They actually have the *opposite effect* and function as diuretics therefore artificially purging water from your body!
- 8) **NEVER, EVER, EVER drink tap water!! (EVER!)**

For more information on the benefits of pure, natural water and how it can help you to be healthier and slimmer, you can also listen to the audio clip [Are Energy Drinks Better than Water?](#) or read the articles [The Facts about Tap Water: What You Can’t See Can Hurt You!](#) or [Bloating, Belching and Belly Fat: Tips for Digestive Health](#), all of which you can find at my website: <http://www.therippleeffectdiet.com/>.

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