



Cellular Hydration

Our bodies are made up of around 70% water. Two-thirds of our bodies water resides within our cells making it essential for optimal health and overall body function. It has many important roles to play such as aiding in digestion, lubricating joints, transporting nutrients and waste products, building material, detoxification from EMFs and regulating body temperature. We lose water daily just by breathing, perspiring, digesting food and excreting waste, so it is crucial that we stay hydrated. A 1-5% decrease in our bodies water can disrupt normal bodily functions and cause symptoms such as dehydration, fatigue, irritability, strong smelling urine, dry skin, headaches and constipation.

Exposure to EMFs can cause further dehydration. See page 2 for more details.

How Much Water Should I Drink?

It is recommended to drink approximately 8-10 glasses of water daily which equates to around 2L of water minimum per day. Beverages make up around 70-80% of water intake and high-water content foods making up around 20-30%. This quantity is just a guide and would need to be adjusted based off individual needs such as environment, diet and activity levels. It is preferable that the water you drink is filtered water to avoid toxins while still providing minerals in the water.

A good test to check if you are adequately hydrate is that you urinate regularly. We should lose between 1-2 litres of urine daily. The colour of the urine should be a pale-yellow hay colour. Darker yellow urine indicates that you are not drinking enough.

Tips to Help You Drink More Water

- Include more herbal teas throughout your day. These count towards your daily water intake. Herbal teas can be enjoyed both hot and cold and so are nice to include all year round.
- Add slices of lemon, limes, cucumber, raspberries or mint to flavour your water.
- Have a large glass of water as soon as you wake up each morning. Keeping this by your bed the night before will help you remember. This is a great way to kick start digestion and fluid intake for the day.
- Always carry a water bottle with you if possible so you can sip on water throughout the day. This is a good way to be able to track your water intake for the day as well.
- Download a water tracker app on your phone. You can set daily intake goals and even be sent reminder notifications to drink throughout the day. Search water tracker in the app store.

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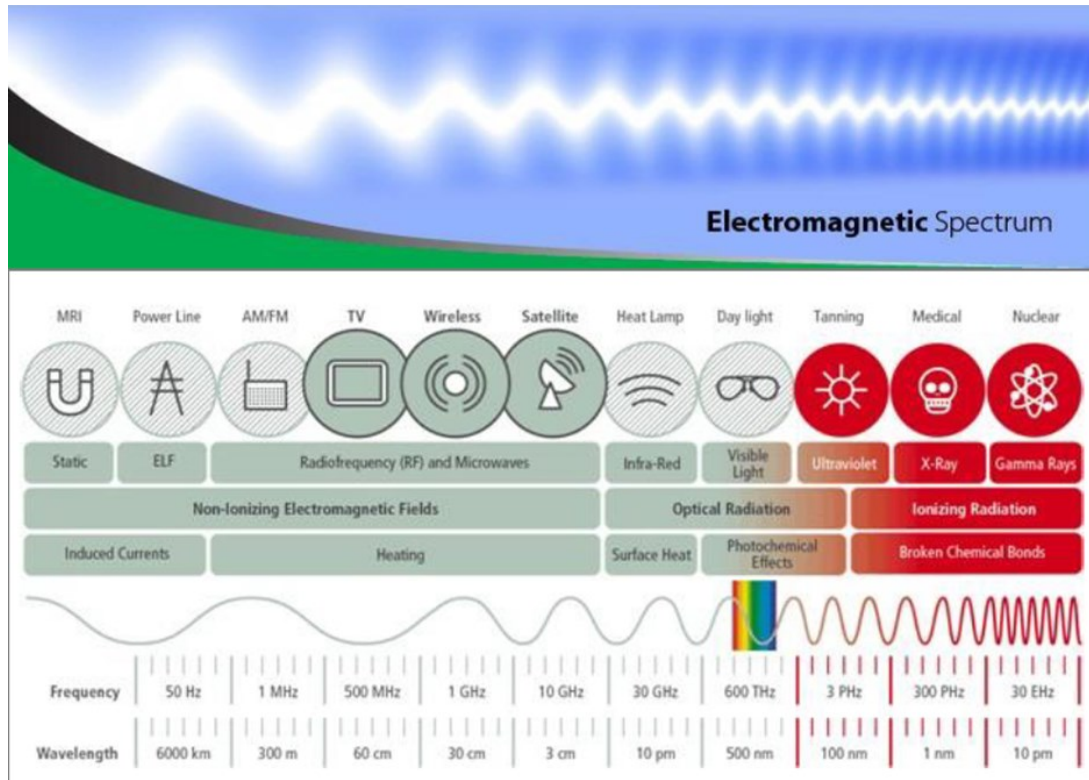


Cellular Hydration Continued

EMF Exposure

Exposure to EMF's, especially low frequency (30-330kHz and extremely low frequency (3-30Hz) dehydrates the cellular membrane which ages the cell and reduces functionality.

Frequency Type	Frequency Range	Sources
Low frequency	30 – 330 kHz	Long distance communication Aircraft beacons Navigation systems Weather stations Time signal stations
Extremely low frequency	3-30 Hz	Power lines underground Power lines Household electrics Electric meters Water Pipes



We recommend that you get your epigenetics tested regularly to prevent cellular hydration challenges.