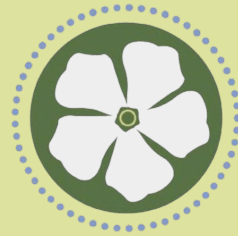


# Hydration

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Edited by Sol Sánchez y Lucero

September 2023



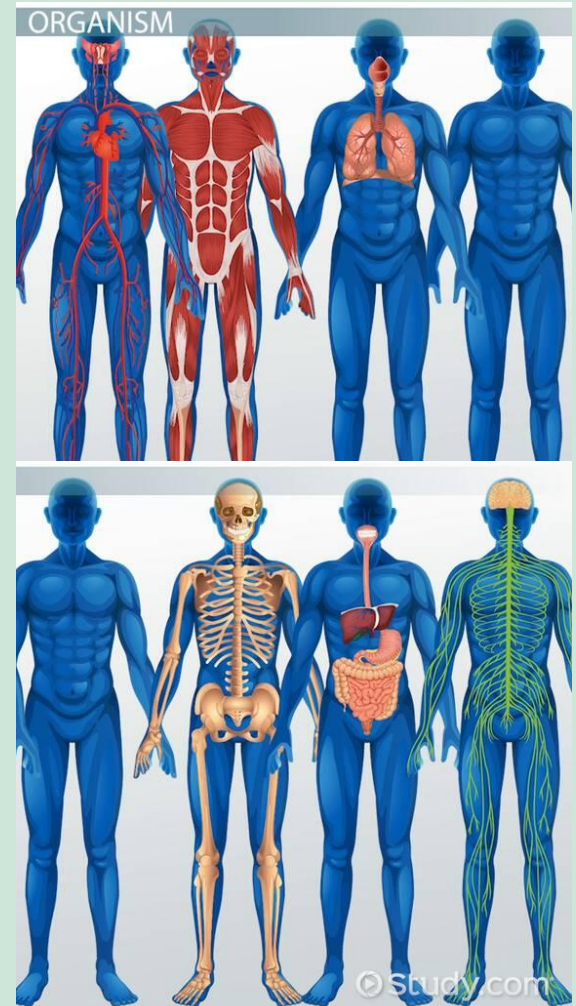
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# The Importance of Hydration

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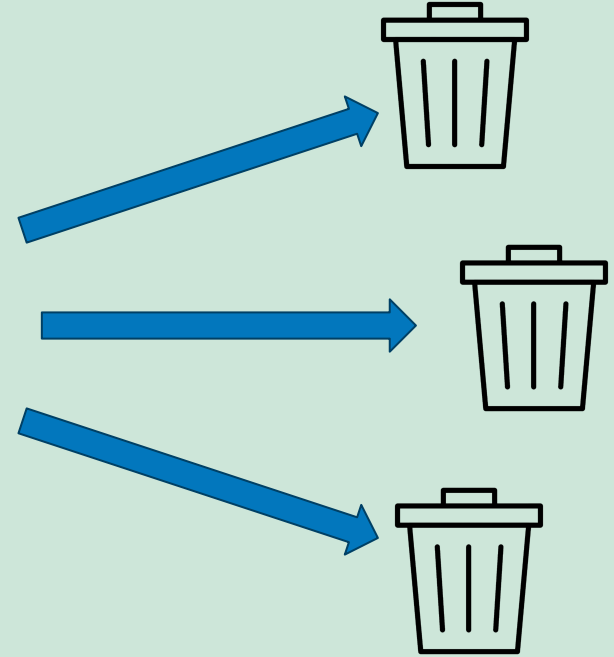
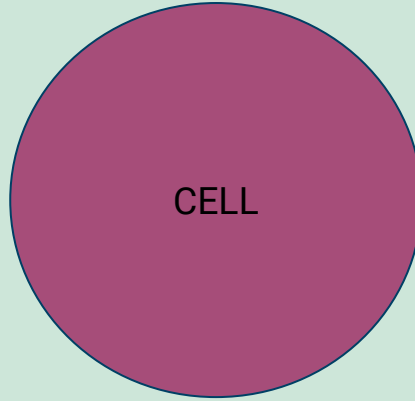
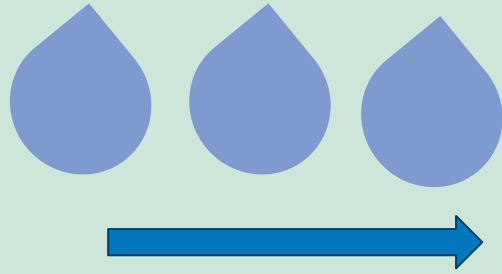
It is estimated the human body is composed of 75-90% water. All of our biochemical processes require large amounts of water. Proper hydration optimizes all biological processes. Anyone who has experience with wilderness recreation and/or rescue techniques will tell you that proper hydration is the key to survival in the extremes—so much so that people lost in the wilderness survive 8-10 times longer if they remain properly hydrated.

- **clears your thinking**
- **soothes muscle aches**
- **fortifies your ability to fight infections and heal injuries.**
- **keeps your organs and all of your vital systems cleaner and working better.**



# The Importance of Hydration

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# Filter Your Water

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It is extremely beneficial to drink good quality spring water or filtered water. For filtered water, it is best to use an *ion exchange plus carbon filter*. These filters leave minerals in water which balance the water within our cells. This increases the efficiency of our biochemical processes. Filtered water makes a difference in drinking as well as cooking.

For a guide to quality water, go to:

[RemediosNaturalesNM.com](https://RemediosNaturalesNM.com) > **Help Yourself > Water Technology**



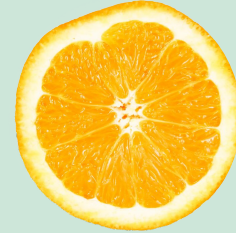
# Eating Whole Foods

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A whole food is one which has not been altered from its natural state. Whole foods are balanced in their proportions of nutrients, fibers and water, meaning **they contain the right amount of water needed to digest them.**

An orange contains all of its nutrients, but orange juice has had *essential fibers removed*

Whole wheat contains all components of the wheat grain except the hard outer shell of the grain, while white flour has *removed fibers and minerals and added preservatives.*



# Wearing a Hat

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**We lose most of our water and through the tops of our heads** both in cold and hot weather. Staying in shaded areas and wearing hats allows you to retain that water. In the summer, a cool, cotton hat will protect you from heat exhaustion and help you re-circulate the water in your body. By preserving the water already in your body, you need to drink and eat less to keep it functioning optimally.



# Bathing

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When you bathe or shower, you can hydrate by inhaling the water evaporating around you. Inhaling water vapor can balance the water in our bodies faster than drinking because of the lungs' ability to transport water.

The rapid cooling and warming capacity of baths increases your body's ability to balance the water at the cellular level, so when you are very dehydrated, bathing and showering is a faster way to hydrate yourself than just drinking water.



# Plants

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Keep plants in the places where you work and sleep and/or spend most of your indoor time. **Plants regulate the levels of water vapor in the air.** They evaporate their water if there is too much in their soil and/or on their leaves, and they absorb it from the air if it is very steamy. When you water your plants, you are actually watering yourself too.

## Low-Maintenance Indoor Plants That Are Hard to Kill



Pothos



Jade plant



Peace lily



Snake plant



Philodendron



Dracaena

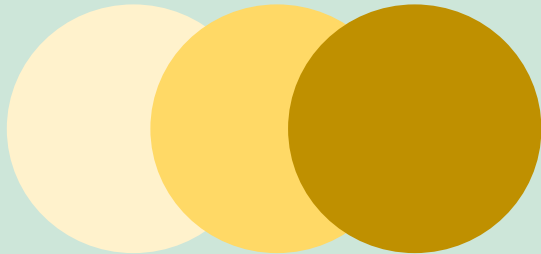


# Paying Attention to Your Urine

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If your urine is dark in color and small in amount, this is a sign that you are dehydrated.

Fruits, fruit juices, and sports drinks are a better way of hydrating yourself when you are in this state than straight water. The vitamins and minerals in their composition balance the body and facilitate water **absorption** quickly.



# DIY Electrolyte Drink

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Making your own electrolyte drink is easy, effective, and inexpensive. When you know exactly what's in your drink, you can avoid artificial sweeteners, unwanted chemicals and dyes, and adjust it to your personal taste and health needs.

Commercial products help, but can be high in artificial chemicals, unbalanced for your needs, and produce tremendous amounts of plastic pollution.\

<https://www.remediosnaturalesnm.com/electrolytes>

# Paying Attention to Your Skin

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Unhealthy skin is not necessarily a sign of chronic dehydration. Dry, flaky skin which is prone to rashes and cracking may be signs of

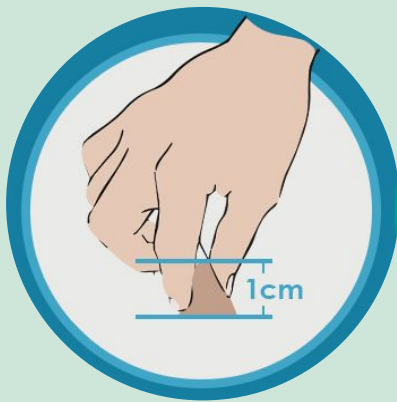
- Low intake of foods that provide essential **fatty acids**
- Improper water filtration, causing **ingestion of too many dissolved minerals**
- Poor digestion, which limits ability to break down fats and provide the essential fatty acids needed to repair skin.

# Skin: The Hydration Pinch Test

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Lightly pinch some skin on the back of your hand.



Pull it up about **one centimeter** before letting it go



If you're dehydrated, the skin will spring back into its regular position almost immediately.

# Limiting Caffeine, Sugar, & Alcohol

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Coffee, highly caffeinated drinks, sodas,\* candy, and alcohol are dehydrating.

\*Ginger ale, Dr. Pepper and root beer can be used in small quantities as digestive aids, as they contain ginger, prunes, and sarsaparilla respectively. This can have a net hydrating effect when the digestive system is not breaking food down well.

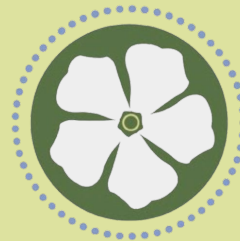


If you have questions about any of the material in this presentation - or another topic - you can always email us at

**[herbalist@remediosnaturalesnm.com](mailto:herbalist@remediosnaturalesnm.com)**

Or check out our website where we provide information on many common health issues

**[RemediosNaturalesNM.com](http://RemediosNaturalesNM.com)**



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