

# The *MaxHealth* Hydration Strategy

*"Without a great strategy, failure is probable. With a great strategy, success is inevitable."*

## **Principle:**

We must be consistently hydrated if we want our body to function optimally and age properly.

## **Reality Check:**

Most people suffer from chronic low-grade dehydration, and don't even know it.

## **The Facts:**

The human body is made mostly of water. Nearly every physiological function requires water. Chronic, low-grade dehydration is an associative factor in nearly all disease processes. Simply put, to be healthy and disease-free we must have a stellar hydration strategy (*see how well that rhymes... ha-ha*).

## **The MaxHealth Hydration Strategy:**

The general rule is to consume half our body weight in ounces per day (a person weighing 180 pounds should consume 90 ounces per day). The average healthy adult should be consuming at least 60-100 ounces of water per day. Do not overconsume. When in doubt ask a healthcare professional for more specific advice.

## **The Baby-Step Approach:**

Identify what you currently average per day in ounces. Add 10 ounces on top of that. This is your daily goal for the next 1-2 weeks. Once achieved consistently, add 10 to the daily goal. Repeat until you are consistently hitting your ideal daily goal. Then lock this habit into your lifestyle for good.

## **Our Top 10 Tips & Tricks For Maximizing Your Success (#10 is important):**

1. **Set a daily goal** (example, 100 ounces is the daily goal)
2. **Track it every day** (one bottle = 20 ounces @ 5 bottles/day = success)
3. **Get a head start** (take water to bed, start drinking upon rising, don't wait until later to start)
4. **Have a mid-day checkpoint** (try to meet half the goal before eating lunch)
5. **Travel with water** (take your water vessel with you everywhere)
6. **Make water even better** (add lemons & limes for extra flavor and alkalinity)
7. **Stick with room temp** (room temperature is typically easier on the system)
8. **Use an app on your phone** (hydration apps make a game out of it, which is fun)
9. **Find a hydration partner** (a family member or coworker makes it fun and competitive)
10. **Get addicted to winning** (every day you hit your goal is a win – make winning a habit)

## **One More Thing:**

Teach your friends and family (especially children) about the MaxHealth Hydration Strategy. Tell them that your chiropractor taught you this, and that they too should be going to a wellness-based Chiropractor as well.