

# JUICY SECRETS

TASTY WAYS TO HYDRATE

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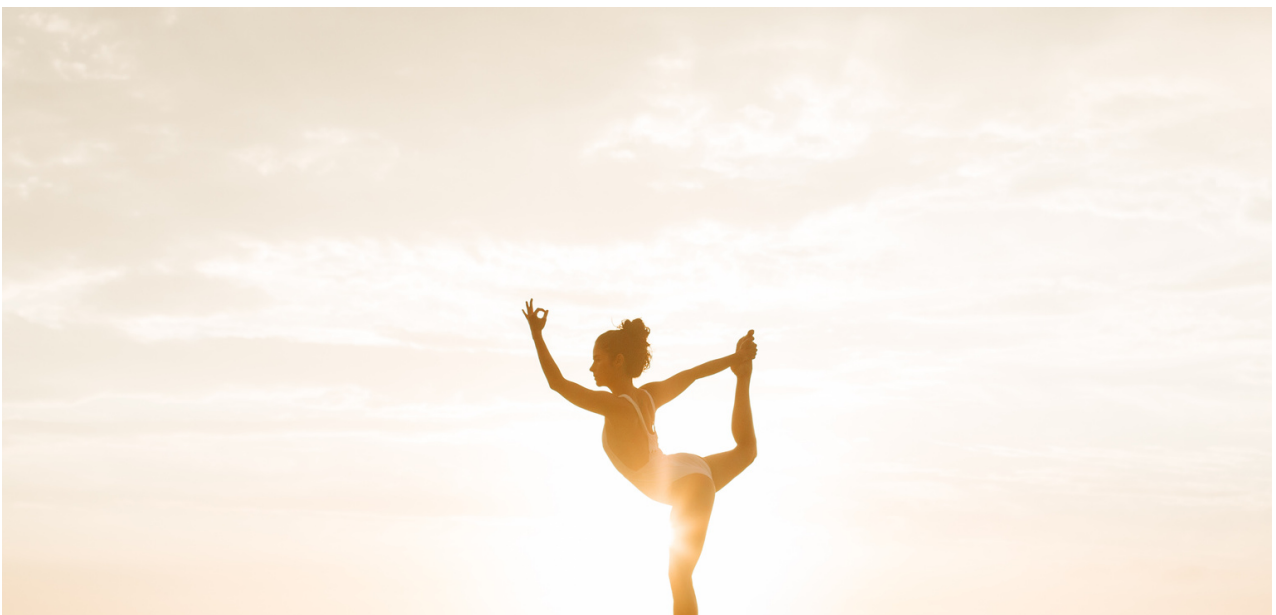
# WELCOME

I wanted to take a moment to express my gratitude for downloading my free ebook. I am pleased to see it has caught your attention.

Hydration is an extremely important matter as it underpins our health. When we are cellularly hydrated our energy improves, we are more focused, think more clearly, our skin feels softer, our joints and muscle movements, we feel more alert!

Our inner rivers (blood and lymph) need to flow, we need water to clear our cellular and digestive wastes to assist with regeneration and renewal.

Hydration is flow.



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*THANK YOU*

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# *Flow*

## Living is flowing.

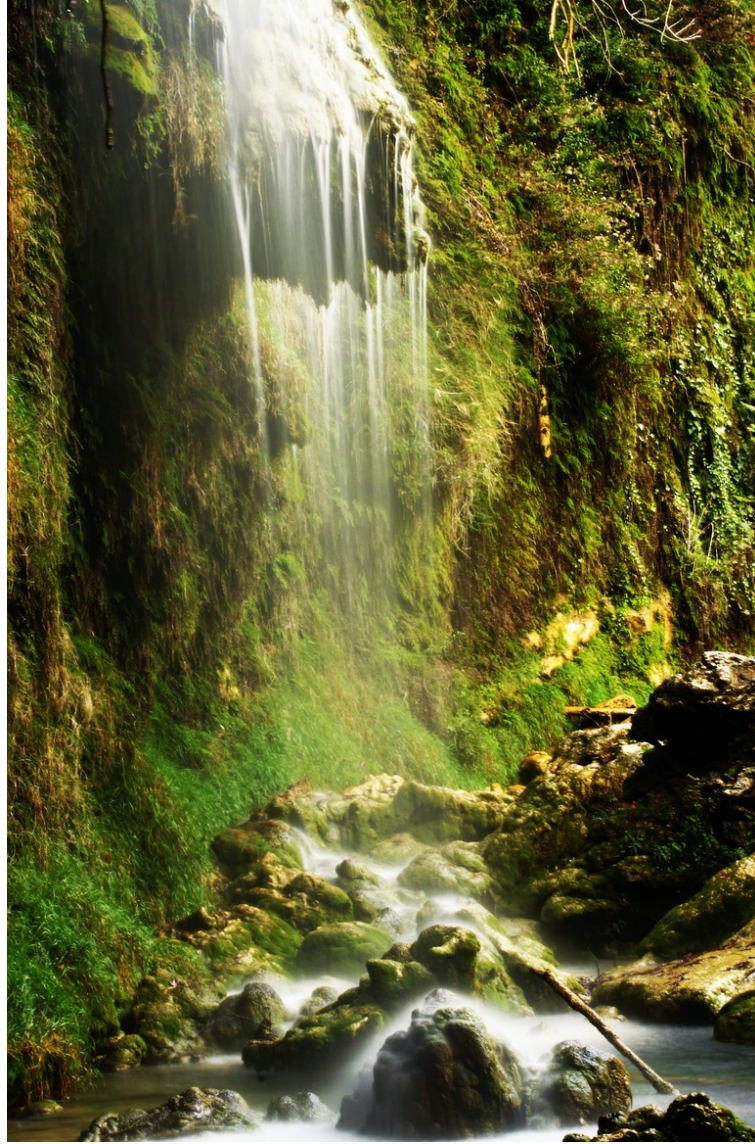
When a river is running freely, it is alive with a living life force, flowing vibrantly, and energetically.

Now consider a stagnant pond, river or pool of water that has ceased to flow, we see decay, rot and deterioration. Water needs movement to be alive and energised - so do we.

## Everything in nature moves.

Nature is in a constant flux of movement, from the tides of the oceans, night to day, from season to season.

We too are a part of nature, we are woven into it's tapestry. We need movement and flow.



Life is an ever-flowing stream of experiences, emotions, and changes, constantly shaping and reshaping the course of our existence.

We can become stagnant in many areas of our lives whether that is physically, mentally, emotionally and spiritually.

Stuck emotions for example, can block the flow of energy in our body leading to symptoms, dehydration can slow the physical body down, leading to stagnation, calcification and blockages.

Our body needs flow on every level.





# Our Water Body.

## Why we need to hydrate.

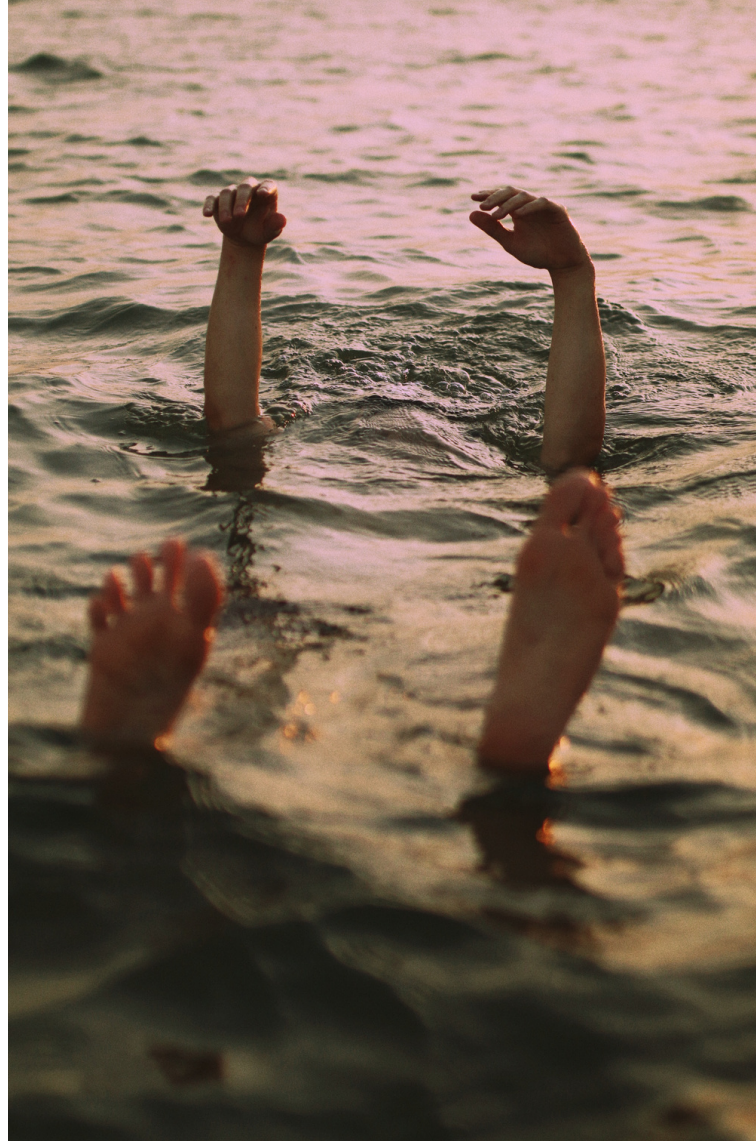
We are made from 70-80% water, life began in the watery medium of the womb.

The earth surface is made up of water. For optimal health, healing and flow we need optimal cellular hydration.

Water is needed for cellular electrical currency that is vital for cell to cell communication. Its needed to clear digestive wastes, filter our kidneys, move our lymph and much more.

## Many people are chronically dehydrated.

Many people are chronically dehydrated, drinking just plain water is often not enough to hydrate at the cellular level, we need minerals to activate and move that water into our trillions of cells.



A common statement 'I drink plenty of water but still feel thirsty'.

Or 'I drink several glasses of water per day and seem to spend most of the day running to the loo and still feel dry.'

This is often a sign that our cells are not receiving the correct hydration.

You may be flushing through the digestive tract but not cellularly hydrated. Minerals are needed to charge the water to enter our cells.

n.b seek medical advice if you are fatigued, thirsty despite drinking large amounts to rule out unknown health issues such as diabetes.



# *Dehydration*

## Contributing Factors

Lack of hydrating water and food is the most common reason we are chronically dehydrated.

There are other factors that may contribute to dehydration



### OTHER FACTORS

Highly processed foods with excess salt and sugar intake.

Some medications.

Excessive sweating.

Over Exercising.

Alcohol.

Fizzy drinks, coffee, tea.

Low mineral status.

Stress.

Central heating, air conditioning.

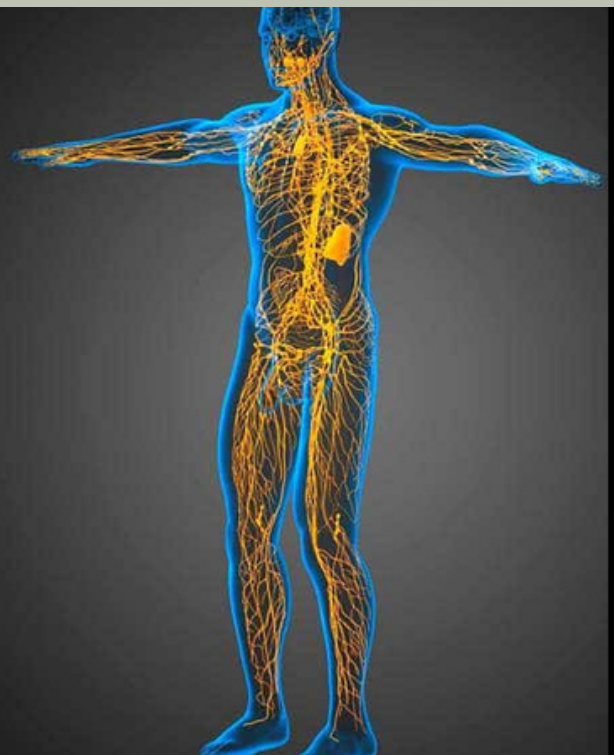




# SIGNS & SYMPTOMS OF DEHYDRATION

Dehydration can contribute to many symptoms in our body, it can affect many systems such as digestive, hormonal, neurological, respiratory, lymphatic, urinary, cardiovascular, skeletal and muscular.

- Sleep issues.
- Low energy.
- Gastric reflux, heartburn and indigestion.
- Constipation or sluggish bowels.
- Headaches/migraines.
- Dry skin.
- Memory issues/brain fog.
- Hormonal issues - heavy painful periods, hot flushes.
- Cravings.



- Blood pressure changes
- Sluggish lymphatic flow.
- Joint pains/aches/stiffness.
- Irritability.
- Faster ageing.
- Heart symptoms such as palpitations.
- Decreased immunity.
- Tight fascia.



# EATING YOUR HYDRATION.

Fruits and vegetables contain natural mineral water, some call this structured water which our cells need. By increasing our levels of fruits and vegetables daily, we can improve our hydration levels. Minerals are key to optimal hydration. Our plants contain fibre which also hold water to release slowly, keeping us hydrated longer.



Coconut water is the clear active water found inside the coconut, rich in electrolyte minerals and around 94% natural water.

Watermelon, the name gives it away, a fruit high in water, in fact, over 90% of this delicious fruit is water. A super juicy way to hydrate.



Technically a juicy fruit that contains about 95% water. Eating them raw will deliver natural hydration rich in minerals. The fibre content also helps to release the mineral rich hydration slowly as it passes through the digestive system.



## CHIA SEEDS

Chia seeds can hold lots of water which creates a gelatinous substance. These powerful seeds rich in essential fats and minerals release water slowly to help keep us juicy throughout the day.

Celery is naturally high in natural sodium and potassium which are 2 of our electrolytes needed for cellular energy. Containing around 96% water, celery can really support hydration.





Pineapple is around 87% water, high in Vitamin C and fibre. It also contains an enzyme called bromelain which can also aid in digestion.



Apples and pears contain around 85% nature's water as well as pectin. Pectin is a soluble fibre that holds the water and releases it more slowly.



Leafy greens contain chlorophyll which is the blood of the plant, rich in many minerals and fibre which can aid in cellular hydration. We all need green hydration.





Peppers are also technically a fruit, rich in minerals that support hydration as they are over 90% active water.



Strawberries (and other berries) are high in water, around 91%. Rich in vitamin C and of course the all important minerals.

Whilst fats are not full of nature's juicy active water, they do play a role in hydrating our cells. Every cell in our body has an outer (very thin) membrane which is made from fats (lipids). Everything in and out of the cell has to pass over this membrane. we need healthy fats to keep this membrane flexible and fluid.



# SIGNS OF GOOD HYDRATION

There are many outer signs that you are getting enough hydration. Our urine should be a pale straw colour, not clear as water or dark. Keep a check on your urine.

## PALE STRAW COLOR.

You're normal, healthy and well-hydrated.

## TRANSPARENT YELLOW.

You're normal.

## DARK YELLOW.

Normal. But drink some water soon.



Pinching the skin on the top of the hand can also be a good gauge, by pinching the skin and holding for 3-4 seconds then let it drop, it should return quickly, if it stays lifted then this is a sign of dehydration.

As we age we notice that there is less elasticity in the skin so you have to know the skin we are in as it will not be as springy as it once was. However, doing this frequently can give us an idea how hydrated (or not) that we are along with the other factors.

Thirst is our obvious sign, we need to take fluid in when our body needs it, if we are taking juicy hydration from nature's plate we may not need lots of water, perhaps small glasses of water with a tiny pinch of himalyan salt or drop of liquid minerals is all that we need. Exercise and warmer days will require more hydration.

If you have a constant thirst please check this out with your doctor





# TIPS

Juicy hydration is an easy way to keep our body in flow, adding juicy fruits, leafy greens, chia, a pinch of himalyan salt, vegetable soups, salads and steamed veggies can be super hydrating.

Tip: use as much organic produce where possible.



## ☐ Himalyan salt v Sea Salt

- Some sea salts have been found to contain microscopic plastic partles. It is for this reason I would suggest a pinch of himalayan salt in a glass of water.
- Only a small grain or two is needed.
- Himalyan salt contains minerals.



## ☐ Juicing and blending.

- If If you have a juicer, add a cucumber, few stalks of celery, handful of greens (rotate them to ensure you mix up your greens), add a piece of ginger and an apple to sweeten.
- If you have a blender, you can take a juicy hydrating smoothie in the morning, adding fruits, leafy greens, chia/flax seeds.



## ☐ Chia and Lemon Water

Each morning take a glass of water and add 2 tbsp of chia seeds, mix and add in the juice of 1/2-1 lemon and mix well. Drink before the chia become too soaked in water as you may not like the texture. Chia will release the water slowly through digestion giving you an extra hydration boostl.



# YOUR JUICY CHECKLIST

Aim for as many of the following every day.

- ☐ Eat some juicy fruits daily.
- ☐ Eat 2-3 good handfuls of leafy greens daily (add to a juice, smoothie or salads).
- ☐ Add juicy fruits and greens to a smoothie for a tasty blend.
- ☐ Add 2 tbsp of chia to water and mix with 1/2-1 juice of lemon.
- ☐ Take a green juice daily.
- ☐ Add a few drops of liquid minerals to your glass of water.
- ☐ Add 1-2 cups of coconut water to a smoothie.
- ☐ Add celery and cucumber daily (in dips, salads, juices, smoothies)
- ☐ Move your body daily.
- ☐ Reduce sugar/salt/processed foods.
- ☐ Enjoy veggies as soups or steamed.
- ☐ Add a pinch of himalyan salt to your water if you dont have liquid minerals.



# *Thank You*

I hope this has inspired you to  
rethink your hydration and follow  
your flow in a juicy way.



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*Warmly, Karen*

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