

‘NUTRITIONAL TIPS’

STAYING HYDRATED

The hot, humid days of August mean you need more water to stay hydrated. Are you drinking enough good clear clean fluids? Not tap water!

The body has a mechanism called **‘Homeostasis’** which controls or balances the water content. This is absolutely critical to staying well. Drink lots of clean clear water. Boring? Not enough time? Add a little lemon!

Staying well hydrated may seem like a simple task, but you actually may not be consuming enough fluid. At minimum, the average adult should consume eight 8-ounce glasses of water or water-based beverages every day. But the actual amount you should consume is higher based on physical activity level, body muscle mass and exterior temperature.

Assess your intake of fluids by keeping track of how much water and water-based beverages you consume. In addition, count any frozen juice bars or icy treats. If your intake isn’t where it should be, carry a bottle of water around with you, or switch to water instead of an afternoon soft drink.

Getting in the habit of drinking more fluids may take time, so increase your intake gradually and eventually you’ll easily consume what you need.

Drinking a few ounces every hour is a great first step prevention of ‘Dehydration’.

Start every day with a **‘Full Glass Of Clean Clear Water’**. That means you cannot drink tap water unless it is tested ‘PURE’! City water is usually loaded with chemical and biological contaminants such as chlorine, fluorine and other such poisons that, in very small quantities, kill you over time! These elements are stored in your fatty tissues and accumulate to dangerous levels far more quickly than most imagine! Would you knowingly take very small amounts of mercury, arsenic or stricknine?

It’s your ‘Body Machine’.

Look after it!

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7