

The Importance of Hydration & Detoxification

Hydration

Did you know our bodies are 60% water? We can't live without it!

Staying hydrated by drinking water keeps our bodily systems working properly, including the heart, brain, muscles, and digestive system.

Adequate fluid intake also helps nutrients get delivered to cells, flushes bacteria from your bladder, prevents constipation, improves mental clarity, AND gives you more energy!

During your LEAP journey, hydration is KEY to fighting cravings, feeling energized, and helping achieve optimal digestion!

How much do I need?

Drink half of your body weight (lbs) in ounces of water every day (plus 4-8 oz for every 15-20 minutes of exercise).

Example: A 150 lb person should drink 75 oz of water a day.

You don't have to drink plain water all the time, though. Try adding essential oils, peppermint, lemon slices, or ginger to your water to add some tasty flavors that also aid in digestion.



What beverages are allowed during the LEAP protocol?

Great question! It all depends on what your MRT results show. First, water is the best choice. Protect yourself as best as possible by drinking purified water.

Water that has been treated with chemicals like chlorine, chloramine, and fluoride can be abrasive and cause allergic reactions for sensitive people. For people suffering from food allergies, purified water can help dilute the allergen and flush toxins from the body.

For your general health, always eat a good balanced diet and drink plenty of chemical-free, purified water.

Ideas for enhancing your water

- Water with good quality essential oils
Ex: Lemon, orange, mint, grapefruit, cinnamon
- Water with fruit slices or berries
Ex: Lemon, orange, raspberries, strawberries, blueberries, apples
- You can also try sparkling waters, such as La Croix
Avoid sparkling waters with artificial sweeteners
- Water with apple cider vinegar
Digestive aid

Other beverages to try

- Tea
Green, gray, black, peppermint, ginger, raspberry leaf, and cinnamon turmeric
- Crio bru
Similar to coffee, made from ground cocoa beans
- Juices
Avoid juices with artificial flavors and sweeteners

If you are sensitive to caffeine, avoid both regular and decaf coffee, as well as teas and colas that contain it.



Don't get dehydrated! When you run low on fluids, it decreases your metabolism by as much as 3% and can lead to dry skin, fatigue, overeating, and higher blood pressure. Always have a water bottle on hand.

Detoxification

Removing and avoiding toxins so your body can thrive!

Detoxification is a natural process that our body uses to remove toxins and chemicals that we accumulate each day.

These chemicals come from the environment we're exposed to as well the food we eat.

Did you know there are over 10,000 chemicals in the food we regularly eat? Artificial sweeteners, flavorings, dyes, and preservatives are some of the most common.

Why is detoxification important?

If the body is overburdened with toxins, the liver has to work extra hard to try to get rid of all the waste. Having a large amount of toxins can lead to skin problems, low energy, weight gain, depression, brain fog, digestive issues, and many other negative effects.

During your LEAP journey, you'll be avoiding excess toxins, allowing your body's natural detox system to take over.

Foods that can help detox

Almonds	Grapefruit
Apples	Green tea
Avocados	Herbs
Beets	Legumes
Chia seeds	Lemons
Cinnamon	Limes
Cruciferous vegetables	Oats
Dark berries	Quinoa
Fermented foods	Sea vegetables
Garlic	Sunflower seeds
Ginger	Turmeric
	Vegetables

Assist your body's detoxification process

If you struggle with toxins or skin issues, these natural recipes are a simple, easy, and inexpensive way to boost your health.

Detox baths can cause drowsiness, so I recommend doing them before bed. Epsom salt also contains magnesium, which can help relieve constipation and anxiety.

Detox drinks can help reduce inflammation, but to achieve long-term results, pair them with the LEAP protocol, balanced meals, and exercise.

A great way to avoid unwanted chemicals and toxins is to eat a diet based on real, whole foods—not packaged food products.

Epsom Salt Detox Bath

Ingredients

1/4 cup Epsom salt
1/4 cup sea salt
1/4 cup baking soda
1/4 cup apple cider vinegar
10 drops essential oil, if desired

Instructions

1. Fill tub with hot water
2. Add ingredients and swirl to dissolve
3. Soak for 30 minutes or as long as desired

You may feel tired or lightheaded after you get out, so drink plenty of fluids and sit down as your body adjusts.

Detox Teas

Dandelion Tea — Steep dandelion flowers in boiling water for 30 minutes. Dandelion tea helps to cleanse the liver, serves as a diuretic, and is a good source of vitamin A.

Green Tea — Green tea contains powerful antioxidants, and it can help reduce inflammation, lower blood pressure, reduce cholesterol levels, minimize signs of aging, and improve memory.

Ginger Tea — Ginger tea soothes digestion, reduces inflammation, and relieves nausea or upset stomach. Add raw honey or lemon for flavor and extra detoxifying benefits.

Tips.

It's wise to know what foods you should buy organic. Refer to the "Dirty Dozen" and "Clean Fifteen" lists of foods by the EWG at ewg.org.

Also, consider using good quality essential oils to replace typical household cleaners, air fresheners, and body care products.

Questions? Feel free to reach out by emailing courtney@rinehold.com