



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation

Module 2 – Part 5:

Drink More Water and Less of All the Other Stuff!

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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Why Drink Water Over Other Beverages?

- Our bodies really **only** meant to drink H₂O.
 - Your body is about **75%** water.
- Soda, coffee, caffeinated teas, energy drinks, juices and alcohol contain many **harmful chemicals** like sugar (HFCS), aspartame, salt, caffeine, dyes etc.
 - These are not only toxic, but they're **dehydrating** agents that use the body's H₂O reserves to dissolve.
 - They're **very hard** on the digestive system and cause digestive stress.
- **NOTHING** substitutes for water!



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Why Drinking Water is So Important

- ✓ Pure water **detoxifies** your body.
- ✓ It **boosts digestion** by stimulating saliva production.
- ✓ It **curbs** your appetite:
 - People think they're **hungry**, when they just need water!
 - They **overeate** because they mistake **dehydration** for hunger.



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Tips for Staying Hydrated

- Drink **50%** of your body weight in ounces daily.
 - If that feels like too much, start with **one** more glass than you're drinking now.
- Drink **8-16** ounces of warm water with lemon **first thing** in the morning to naturally boost your digestion.
- Don't wait until you're **thirsty** to drink water – drink throughout the day.
- Add a pinch of **Celtic** or **Himalayan sea salt** to every liter of water to restore the sodium and fluid volume in your cells (can prevent frequent urination).
- Drink water a **room temperature** for ideal absorption.
- Get your tap water **tested** and get a filter if needed.

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4 Reasons to Avoid Caffeine

- **Limit or avoid caffeine:**
 - It's an **addictive stimulant**—it increases cortisol and blood sugar and depletes serotonin levels; this leads to cravings, fatigue, anxiety,, insomnia, restlessness, dizziness, depression (sometimes extreme).
 - It's an **irritant**—it irritates the intestinal tract and may cause loose stools.
 - It's a **diuretic** – it can contribute to dehydration.
 - It's **acidic**—it pulls calcium from the bones and causes the body to produce fat cells to prevent acid from getting to the organs.

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What's So Bad About Coffee?

- Coffee beans are roasted then ground, causing the oils to become **rancid**.
- Coffee is a strong **pro-oxidant**—it increases oxidation in our cells, which makes us age faster and creates **wrinkles**.
- Coffee may “wake you up,” but it only makes you **more tired** over time.
 - You shouldn't need to **rely** on stimulant to wake up.
 - If you do, it could be that you're: sleep deprived, addicted to caffeine, not eating right, over-exercising or you have hormonal imbalances.
 - If you have **adrenal fatigue** it's important to **stop** drinking coffee and make the necessary diet, supplement and lifestyle changes to recover.
 - Decaf isn't any better—it's still highly **acidic**.

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Tips for Drinking Coffee

If you choose to drink coffee as part of your “20%,” here’s a few tips:

- Buy **organic**. Conventional has loads of pesticides.
- Never drink coffee by itself—eat a little good **quality food**.
- Drink it with a **healthy fat** like raw cream or coconut oil to mitigate the negative effects of caffeine on the digestive tract.
- Don’t drink it later than **noon**—it interferes with sleep!
- Better yet, switch to **Teecino** or **Capomo**!
 - They taste like coffee, but they’re **caffeine free**.

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4 Step Plan to Kick Caffeine (Without Withdrawal Symptoms)

- If you try to cut caffeine “cold turkey” and you experience strong **withdrawal symptoms** you can progressively decrease your intake over a few weeks.
- Follow this plan:
 - First, **how much** coffee/soda do you currently drink each day?
 - **Week #1:** Drink $\frac{3}{4}$ of current amount
 - **Week #2:** Drink $\frac{1}{2}$ of initial amount
 - **Week #3:** Drink $\frac{1}{4}$ of initial amount
 - **Week #4:** By now you should be able to **completely eliminate** coffee or soda from diet. 😊

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Next Up...

**Module 2 – Part 6:
Is Your Digestive System Healthy?**