



The Importance of Water for Health and Wellness

I consider myself to be in great shape and I eat right, but I also enjoy ice cream, pizza, and other splurges once in a while. I know that these kinds of foods are not part of my regular nutrition, but I don't want to feel as if I'm living with restrictions either.

The key to eating right without becoming obsessive about it is moderation. When I do splurge, I also remind myself to drink extra water (to help speed my metabolism) and make it a point to eat healthier the next day. This is a reasonable way to balance out those good and not-so-good nutrition days.

Here are tips and recommendations about water, nutrition, and eating properly that I share with my clients.

Drink Plenty of Water. Each and every day, we should take in at least 64-80 ounces of water, depending on weight and blood pressure. If the weather is especially warm, or you're exercising, then drink more. I can really tell when I'm drinking enough water because of how good I feel when I'm properly hydrated.

Consider Multi-Vitamins. Vitamins help replenish the body and can be a simple, foolproof way to balance the nutrients we might not get enough of in our diet. Be sure to check with your doctor before adding vitamins or supplements to your routine.

Avoid Sodium and Added Salt: Be watchful of sodium and don't add salt while cooking, at the table, and when dining out. Too much salt makes the body retain water and contributes to high blood pressure. I read an article from The Washington Post called Salted Away which stated, "as much as 80 percent of sodium intake comes from processed and restaurant foods." (Click here to read)

Eat More Fruits and Vegetables. The more fresh fruits and vegetables you eat will provide natural hydration, and curb the appetite for less-healthy foods.

Avoid Cellulite-Building Foods: (Click here to read)

Add Nutritional Foods Which Do Not Build Cellulite (Click here to read)



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