Cellular Hydration Diet (Hydration Beyond Water)

Cellular Hydration · Electrolyte Balance · Energy, Detox & Nervous System Support
One-Page Hydration Foods & Sample Day (Repeat Daily)

Hydration Grocery List

Water-rich vegetables: Lettuce, cucumber, celery, zucchini, spinach, bok choy, bell peppers, radishes
Hydrating fruits: Watermelon, berries, strawberries, oranges, grapefruit, apples, pears
Natural fluids: Filtered water, warm water, mineral water, coconut water (unsweetened)
Mineral support: Lemon, lime, trace mineral drops, Celtic or Himalayan sea salt (small pinch)
Supportive foods: Bone broth, chia seeds (soaked), aloe vera juice (food-grade)
Containers: Glass bottles or jars

For best results – Eat 100% organic (or as much as possible). Begin hydration upon waking. Sip fluids consistently throughout the day. Use room temperature or warm fluids for optimal absorption. Include minerals daily to support cellular uptake. Avoid these dehydrators: sugary drinks, alcohol, excessive caffeine, processed foods, refined sugar.

Sample Hydration Day

Morning	Warm water with lemon before food
Mid-Morning	Water-rich fruit or cucumber with mineral water
Lunch	Vegetable-dense meal with water or herbal tea
Afternoon	Coconut water or mineral water with trace minerals
Evening	Water-rich vegetables with warm herbal tea

Frequently Paired With

Electrolyte & Mineral Support (Nutri-West) – Supports cellular hydration, nerve signaling, circulation, and energy production.

Recommended Support: Save time, money, and the trial-and-error hassle when you speak with a Holistic Practitioner from Fun And Easy Health. Personalized guidance leads to more accurate outcomes.
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