

## Maintaining Hydration

Proper hydration is important for optimal health. It is **essential** for people with cancer. Without adequate water, your body cannot detoxify drugs and other toxins and remove them from your system. You also need water to remove the metabolic by-products of your fight against cancer, including the debris from dead cells.

Lack of adequate water can cause a range of medical complications including cystitis, excess calcium build-up, electrolyte disturbances, fatigue, muscle spasms and irregular heartbeat.

- Drink filtered or purified water
- We recommend Kangen water for healing - <http://antioxidant-water.com>
- Avoid caffeine and alcohol – these act as diuretics which means fluids are drawn out of your cells and you urinate more than you take in
- Drink herbal iced tea.
- Eat more soups, stews and other ‘watery’ foods.
- Drink most of your fluids between meals to leave more room for nutritious foods at mealtime.
- Avoid drinking large amounts of fluids all at once as that can cause nausea and perhaps aggravate dehydration. Sip several ounces at a time, all throughout the day.

## Suggestions for Dealing with Dehydration

Electrolytes (potassium, calcium, sodium) are chemicals your cells must have to function. Dehydration can cause an electrolyte imbalance. You must replace electrolytes if you are suffering from dehydration. Water absorbs better with a pinch of sea salt or Himalayan salt. Natural salt also adds minerals to your water and helps alkalize the body.

Signs of dehydration include (but are not limited to) the following:

- dry lips
- dark urine
- getting dizzy or light-headed upon standing
- nausea

## Make Your Own Electrolyte Drink

Combine 4 tablespoons honey, 1 teaspoon salt, and 1 teaspoon baking soda in a quart of water.

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