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Water:

- 75% of our body weight is water.
- Increase your water intake from a clean source.
- Remember that salt holds water in the solution. Make sure to consume unprocessed sea salt daily.
- Many health problems stem from dehydration.
- A dry mouth is a late symptom of dehydration. Other symptoms include:
 - Constipation
 - Allergies
 - Pain
 - Low back pain/ chronic fatigue
 - Digestive issues
 - Headaches
 - Muscle cramps
- Coffee, tea, alcohol, and soda increase your body's need for water
- Drink 6 - 8oz glasses of water per day or ½ your body weight in ounces minimum.
- Water also serves as a cushion lubricant for our spine and other joints.
- It helps to flush fat and toxins out of the body, cleansing the lymphatic system.
- If one is experiencing cramps, rule out the need for water first and foremost.
- Many times, people retain water because they need to drink more and the body is trying to conserve, so before you think something is wrong with you, drink water and rule that out first
- Drink a glass of water 20 minutes before you eat. So many times, people mistake hunger for thirst.