

DRINKING WATER GUIDLINE

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GUILDLINE BY SANJAY G.M.

- Except morning other time if urine is yellow means you are drinking less water than require.
- To control 8 glass/day. Stick on below rules in busy lifestyle.

Normally calculation is person of 100kg should drink 4 ltr means 50 kg person 2 ltr, like this.

Drinking Water Plan :-

- Drink 1 ½ Glass at wake-up morning
(keep water in copper pot over night belong to bed)
- Drink 1 ½ Glass after reaching office.
- Drink 1 ½ Glass at 4.30 pm
- Drink 1 ½ Glass as soon as you reach at home.
- Balance requires water will cover in running day time.
- After you eat, it takes about six to eight hours for food to pass through your stomach and small intestine, so to avoid bloating do not take more water for next 3 hours after meal.
(can take only half glass of water in this 3 hours period)

Note :- Water take full of mouth & after 30 second take inside sip by sip

(Water in mouth will get near to body temperature in 30 second.)

NOTE :- All guideline is on my personal research or study from many author which convince me, follow guideline under doctor's observation.