

DRINKING WATER GUIDELINE FOR CLEAN URINE

www.thoughtsrevolution.co

GUIDLINE BY SANJAY G.M.

- If urine is yellow means you are drinking less water.
- Bladder capacity is around 500ml, once it is full with urine by ¼ liter, then there is 1st desire of pee. & if bladder full by 500ml, then there is urgency pee.
- Pee 6 to 7 times a day is normal.
- Normally calculations for water is - person of 100kg should drink 4 liter water means, 50 kg person 2 liter accordingly can calculate.
- Don't drink water 2 hour before sleep.

DRINKING WATER PLAN

For Example: - Below Quantity is for 75kg peoples

- Drink 500ml water as soon as wake up in morning. (Keep water in copper pot over night)
- Drink water 1000ml between 10.00am to 1.00pm.
- Drink water 1000ml between 3.00pm to 5.00pm.
- Drink water 250ml 1 between 6.00am to 7.00pm.
- Avoid drinking water after 7.00pm. Take 1-2 sip after dinner to clean nasal.
- After you eat, it takes about six to eight hours for food to pass through your stomach & small intestine, so to avoid bloating do not take more water for next 2 hours after meal.

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, then swallow slowly) (Can effect as face exercise as well)

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