

FLOW

WELLNESS



HYDRATION GUIDE

Mayla Lambert



CONTENTS



The Secrets of Water	Page 1
Two Ways of Being Hydrated - The Water We Drink	Page 4
What Is The Best Water To Drink?	Page 6
Halogens/Halides	Page 8
Fluoride	Page 8
Chlorine	Page 11
Celtic Sea Salt	Page 12
Cellular Hydration	Page 13
Recommended Watching and Reading	Page 17
Recommended Products	Page 18

*“ The secrets of water.
What wisdom it must hold.
Can we learn to float
as we allow life to unfold?*



*This sacred living being
that stores the memories of this world,
will speak to us if we listen
to tell us tales untold.*

*The meander of the river
a gentle reminder to go with the flow.
Its mighty power over bedrock,
a power that deep within us,
we too all know.*

*The water on this earth
is in our bodies too.
This moving living crystal
that is also a part of you.*

*In the cycle of life
we go back from where we came.
The ebbing and flowing of the tide.
No two waves the same.”*



Mayla Lambert

ABOUT MAYLA



Welcome,

Mayla Lambert is a certified Naturopathic Nutritionist by The School of Naturopathic Nutrition in Wales, has completed a life coaching certificate by Mindstream in Dublin and is a qualified Yoga Energetics teacher with Cat Kabira in Ubud, Bali.

Mayla is currently studying Naturopathy and has over 12 years experience working in the health and wellness industry studying, working and teaching in the fields of yoga, craniosacral therapy, animal communication, kinesiology, birth trauma, nutrition, naturopathy and circadian biology. She works with women to teach them how to flow with their primal design and the natural rhythms of the earth and how to optimise nutrition, lifestyle and mindset so that they can enjoy physical vitality, mental peace and spiritual freedom.

Mayla's intention in her work is to educate women on how to live in harmony with the cycles of the earth, the moon and their own menstrual cycle.

"As women the more we love, trust, respect and connect with our body the more we can flow with life and we feel so much more connected to our intuition, nature and those around us. When we come into harmony, we can give from a full cup and live with an open heart which enables us to be better mothers, grandmothers, daughters, sisters, partners, friends, colleagues and above all the parents we wished we had to our inner child. I look forward to working with you on this journey back to your authentic self."

Email: maylalambert@gmail.com

Phone: 087 404 2899

Instagram: [@flowwellness333](https://www.instagram.com/flowwellness333)

Website: flowwellness.info

Mayla 



THE SECRETS OF WATER

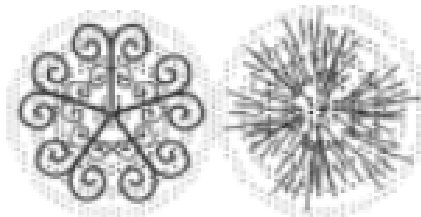


Water is the key foundation to life on earth and all of nature. Every human, animal and plant depend upon it. The earth is covered in 70% water and our bodies are composed of 65% water, with the brain being about 80%. It is THE most important nutrient and one of the most important signals that we send our body. We can go about 8 weeks without food but only days without water.

Water is a living organism that is capable of storing and recording information which means it holds memories. It can also die if it is treated poorly and its vital energy can be lost through bottling, compression and storage in pipes. These days the water that comes through our taps is recycled, heavily chemicalized and is forced to travel through straight pipes and sharp right angle turns which is completely different to how it flows in nature. Water remembers this unnatural way of being treated and adopts the stress of these processes and its vital energy is lost. When we drink this water it actually drains the vitality out of our own body as it has to use up energy to enliven the water and deal with the chemicals that can be found in it such as chlorine, fluoride and aluminium.

Water in nature likes to meander and flow in S shapes as we see with rivers. It also likes to travel in spirals. This allows the water to breathe and be energised. When you drink living water it has an uplifting effect and should give you energy as it's qualities now become a part of you. German Scientists Wolfram and Theodor Schwenk demonstrated the differences between living and dead water through their drop picture method. The crystal particles in 'living water' form into rhythmic spiral or vortex patterns normally associated with life and growth. In damaged water the drop-pictures show linear configurations indicating 'lifeless' conditions.

Living Water Damaged Water



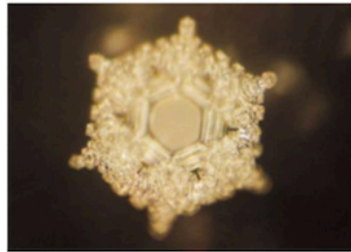


THE SECRETS OF WATER



Dr. Masaru Emoto was a pioneer in the study of water and his experiments through high speed photography have shown that water is shaped by our environment, thoughts and emotions. Here are some examples of how waters structure changes when we speak to it and play music. Dr. Emoto's numerous experiments, aimed at finding the word that structured water most beautifully, have shown that it is not just one word, but a combination of two: LOVE and GRATITUDE. This should get us all thinking of how our environment, thoughts, emotions and everything we consume affects the waters in our body. When we are given a health diagnosis or labelled with a disease, we 'take on' this condition and the water in our body becomes coherent to that disease. This is how powerful our mind and words are.

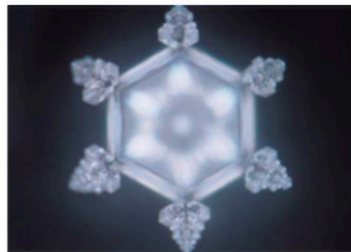
The Power of Words on Water



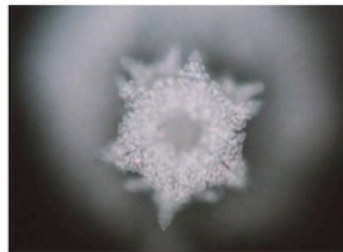
Love and Gratitude



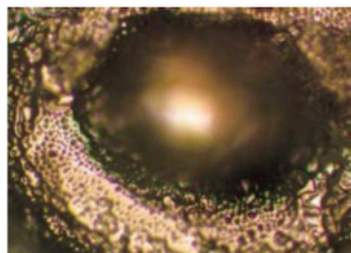
You Disgust Me



Eternal



Peace



Evil

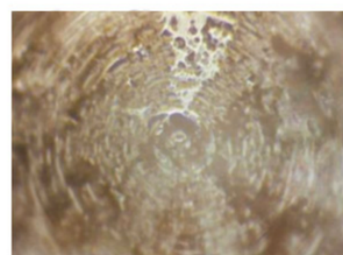


Thank You

The Power of Music on Water



Symphony No. 40 Mozart



Heavy Metal



THE SECRETS OF WATER



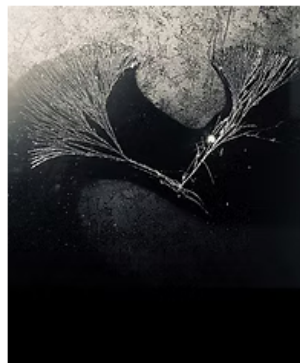
Veda Austin is also a water researcher who has dedicated the last 10 years observing and photographing the life of water. She believes that water is fluid intelligence, observing itself through every living organism on the planet and in the Universe.

Her primary area of focus is photographing water in its 'state of creation', the space between liquid and ice. Her work with water has been replicated all over the world using her petri dish method to show how water can store information, intention, sound and vibration. It's a fascinating area and there are videos exploring both Veda and Emoto's work under 'Recommended Watching.'

Examples of different influences, accompanied by a 'response' photographed in the ice.



Ginkgo leaves



Ice response



Amethyst pyramid



Ice response

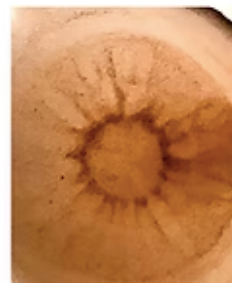
Examples of Water's Comprehension of Life



Thumb



Hand



Iris

“Water is the fundamental element of life and is the telephone to the universe. And the way we feel, the way we act, the way we process our emotions is going to have an impact on the water inside our body and the world as a whole”

Nassim Hamein



TWO WAYS OF BEING HYDRATED



The human body has two ways of being hydrated:

1. The water we drink.
2. Cellular Hydration: Our mitochondria produce cellular water and hydrate us from the inside out.

THE WATER WE DRINK

“Pure water is the best drink for a wise man”

Henry Thoreau

Good quality water is essential for optimal hydration and health. As mentioned above tap water is dead water and is full of chemicals and toxins which are very challenging to the body. Austrian Naturalist Johann Grander discovered that water which is low in energy and vibration will actually deplete rather than nourish our systems. Tap water contains toxins such as chlorine, fluoride, heavy metals, pharmaceuticals and hormones which play havoc on our hormones and can impact our weight, skin and a lot of other functions in the body. Most people will agree that tap water tastes disgusting and I've seen so many people in my practice say they don't like water so they don't drink it. When I ask them what kind of water they drink it's always tap water and this is actually the intelligence of their body knowing it's poison. Instead of trying to make it palatable with highly sweetened squash or something to disguise the taste it's better to get a filter or find a source for spring water. Most people have never tasted true spring water and when you do, you'll notice a huge difference in your body.

*“To be hydrated is preventative medicine
because water regulates all functions of the body”*

F. Batmanglidj

One of the most common issues that most people face which results in hormonal issues, weight gain, skin issues and more serious health conditions is dehydration. Any form of stress in our lives is registered in the body as dehydration and dehydration in the body from a lack of water creates stress. This cycle must be healed in order to be fully hydrated. The majority of people today are chronically dehydrated and these complications have been passed from generation to generation. Unfortunately due to a total misunderstanding of the body and its thirst signals, urgent cries for water are treated as abnormal,



TWO WAYS OF BEING HYDRATED



labelled diseases and treated with medication, dehydrating the body even further. If we only drink when we're thirsty then our body is already in a stage of dehydration. It is said that if we get hydration right then 50% of symptoms go away!

There are many ways the body tells you that you need water apart from feeling thirsty. Primarily dehydration will start in the colon resulting in constipation. The liver can't detoxify and the lymphatic system gets sluggish which produces flu like symptoms, colds and sore throats in an attempt to detoxify.

Some other short term signs of dehydration include:

- Headaches
- Hunger and craving sugar
- Dizziness
- Increased body temperature
- Dry skin
- Dark strong smelling urine

Long term symptoms of dehydration can include:

- High cholesterol
- High blood pressure
- Depression
- Asthma
- Allergies
- Weight gain

When you're dehydrated your body will retain the water you do have because you can't go long without water and you might feel swollen or a bit puffy from water weight. When you start to rehydrate, your body will let go of that old water and you can experience weight loss. Also when you're losing weight your body is releasing toxins because toxins are stored in the fat so we want to flush out those toxins by drinking water.

“At a certain threshold of dehydration, when the body urgently calls for water, nothing else can be a substitute. No medication other than water is sufficient”

F. Batmanglidj

Only water can turn off the brain's urgent signals. Ensuring we give our body about 2 litres or 4 pints of good quality water a day minimum, is the best preventative medication we can take as it creates movement in the system and



TWO WAYS OF BEING HYDRATED



will help you achieve faster results. The amount of water you need to drink can vary depending on the environment you're in, people you're around, physical activity and what you're eating for example lots of carbohydrates or a more keto/carnivore diet. Add an extra glass to replace the water loss from coffee or any caffeine beverage including cacao. Coffee/caffeine is a diuretic and toxin so the body uses water to get rid of it which can dehydrate us and cause an imbalance in our electrolytes. If I have 1 cup of cacao usually I get foot cramps as it strips the body of magnesium.

Thirst should be satisfied at all times and with increased water intake our thirst mechanism becomes more efficient. However, it's best to increase water intake slowly rather than drown ourselves which can lead to further imbalances and dehydration as we flush out our electrolytes. Cells are like sponges and it takes some time before they become hydrated.

“Water is a basic nutrient for the human body and is critical to human life. It supports the digestion of food, absorption, transportation and use of nutrients and the elimination of toxins and wastes from the body”

Jamie Bartram

Everything we eat and drink sends a message to our body. Food and drink can be reassuring and hydrating or it can be stressful and dehydrating. Reducing stressful foods like sugar, caffeine, alcohol, gluten, dairy, processed and GMO foods and anything microwaved can help us maintain balance and avoid dehydration. We will explore more on this later in the program.

WHAT IS THE BEST WATER TO DRINK?

Ideally finding a source of fresh spring or well water is best but quite rare these days. A good quality filter is a worthwhile investment because if the water you drink isn't filtered then your liver becomes the filter which can cause serious long term consequences. You can get a whole house system or just a little system to go under the sink with a tap. If you do invest in one make sure it removes both chlorine and fluoride (more on these later).

Other options are a countertop gravity filter like the Berkey or a water distiller. I have links to all my favourites on the recommended products page. You can also buy bottled water but make sure it's in glass bottles. Don't drink anything out of plastic. Plastic creates nano plastics and when you drink them they get into your system and are very challenging to the liver. It's been proven that people will ingest up to a credit card amount of plastic in a week and if the body can't



TWO WAYS OF BEING HYDRATED



eliminate the plastic it will store it in fat, joints and tissues until it can which once again results in weight gain, skin issues and hormonal imbalances!

Once filtered it's important to energise and structure the water we drink. Through understanding how water works both as a separate living being and within our own bodies, we can bring energy and life force back into it. If we don't have access to natural spring water there are many ways we can re-energise and structure it to bring back those positive qualities.

Some of the ways to re-energise water include:

- Using an AquaVortex coil to get the water to travel in a spiral formation. This changes its structure and vitality to be more like spring water (Under recommended products).
- Adding crystals such as shungite, rose quartz or quartz.
- Writing beautiful words on the container where water is stored (Always store in glass). These change the structure of the crystals in the water as we can see from Dr. Emoto's work. When we drink this water it changes our own crystalline structure. We become a living crystal.
- Blessing the water, praying, giving gratitude and setting intentions with it.
- Play beautiful music to the water.
- Adding some Celtic sea salt which contains 92 minerals.
- Adding fresh lemon or lime as they contain living water.

Sparkling water on occasion is ok but it contains carbonation which turns into carbon dioxide in your system and your body works really hard to get rid of carbon dioxide. It is hard work for the kidneys so 1-2 times a week is preferable.

The kidneys also don't like anything too cold or raw during the winter. In Traditional Chinese Medicine the Water Element rules winter from the solstice on 21st December to the Equinox around 21st March and it governs the kidneys and bladder so supporting these organs during this season can be very beneficial. Water is best absorbed in the body at room temperature or luke warm. It can change seasonally so cold water is fine during the summer. Also drinking very hot water during the hot summer can awaken any stagnation in the kidneys from winter.

Drinking 1 pint of warm water upon waking is a great way to rehydrate after sleeping all night. It flushes out the system after cleansing all night and can help with bowel movements. Adding 1/2 freshly squeezed lemon can support the liver and its detoxification. Leave at least 30 minutes before breakfast as drinking too close to a meal can dampen the digestive fire.



TWO WAYS OF BEING HYDRATED



HALOGENS/HALIDES

This next section might make you feel uncomfortable but it is essential knowledge for reclaiming our health and mental wellbeing. Halogens are the elements fluorine, bromine, chlorine and iodine. They are in the same column on the periodic table which means they have similar electric structure and reactivity. When halogens combine with other elements, the resulting compound is called a halide. The halides are fluoride, bromide, chloride and iodide. Iodine and iodide are essential to the body and we have to get them through diet and supplementation as our body can't make them. Iodine will be a supplement that I will introduce you to later on in this program.

Fluoride, bromine and chlorine are extremely toxic to the body. Every cell has an iodine receptor and because of their similar structure they compete and displace the essential iodine at the cell receptors so we can't absorb any and this leads to serious health issues. Most people are iodine deficient and halide toxic as we have huge exposure to fluoride, bromine and chlorine on a daily basis. There is a cumulative effect with these toxic halides over a lifetime so it's difficult to pinpoint a health problem. Our minerals must come from an organic living natural source as our body does not have the ability to convert inorganic minerals to organic minerals, therefore it has to try to excrete them and if it can't, it will store them until such a time that it can get rid of them. We can either choose to filter out and remove these toxins from being in our body or the body becomes the filter which can result in the decline of our health.

FLUORIDE

Fluoride is hailed by The Centers for Disease Control and Prevention as one of the great public health achievements of the 20th century and has been marketed to us as beneficial for bones and tooth decay. The majority of people and dentists today still think fluoride is safe. There is an element of truth to this as fluoride found in nature and in its organic form can be considered an enamel strengthening substance. However, it has to be absorbed from the soil by plants which make an organic molecule, then it gets eaten by a ruminant animal and then we eat it. Only then can we benefit from it.

Fluoride, also called hydrofluorosilicic acid, is a byproduct of phosphate fertiliser production, aluminium and other metal production. It is a hazardous waste product and can't be dumped in the sea by international law. By putting a



TWO WAYS OF BEING HYDRATED



new label on it and selling it to cities who dump it in the water supply, it is a way for chemical processing industries to eliminate their toxic industrial waste without having to pay for it to be handled as industrial waste.

Hydrofluorosilicic acid does not occur in nature and is a man made molecule. It's acidic and will eat through anything, concrete, glass, stainless steel, plastic so why is it put in water and promoted as a health benefit? It has no known benefit in any human or mammal physiological system and it accumulates over a lifetime and disturbs the functioning of the body as it's a very noxious poison. This is a crime and the studies and trials claiming to show the benefits of fluoride have turned out to be fraudulent and manipulated data. This is all too common and there is a long history of science selling out to corporate interests and claiming things were beneficial while the people were poisoned. Things such as tobacco, DDT, agent orange, lead paint and GMOs were all marketed as safe for humans until we learnt the truth.

In the late 1940s Edward Bernays, was hired to persuade public opinion on water fluoridation. Through his ability to control the population through media and advertising he was able to sell Americans on how good it was. Bernays said it was 'child's play' to convince the public that fluoridated water was good for them. In his book Propaganda he states, "If we understand the mechanism and motives of the group mind, is it not possible to control and regiment the masses according to our will without their knowing it?"

What is labelled fluoride, put in the water supply and sold as good for your teeth is not naturally occurring fluoride and the truth is horrifying.

- It can actually be a collection of over 100 different chemicals including some radioactive chemicals, many cancer causing chemicals and heavy metals.
- Fluoride was an essential element in the atomic bomb.
- Sodium fluoride is a key ingredient in rat poison and insecticides.
- It has been banned in most countries and in 2025 there are only 25 countries that currently fluoridate their tap water including the United States and Ireland.
- It gets added to the tap water not to treat the water but YOU, the human, with no informed consent.
- It is also added to a lot of pharmaceutical drugs such as prozac, antidepressants and fluoroquinolone antibiotics.

So what do these fluoride chemicals do to humans? These noxious poisons inactivate 62 enzymes, increase the ageing process, increase cancer and tumour growth, disrupt the immune system, cause genetic damage, interrupt DNA



TWO WAYS OF BEING HYDRATED



repair, cause hypothyroidism and increase obesity, neurological impairment and early puberty. All effects can be validated by scientific data. Fluoride accumulates in calcium rich tissues such as bone, ligaments, cartilage, joints and teeth. It causes pain and stiffness in joints, pain in bones and can be a contributing factor to rheumatoid arthritis. The more fluoride in the bone the easier it snaps and we are seeing a steady increase of hip and knee replacements. Could fluoride be at the root of these issues?

Dental fluorosis on the teeth of young people is one of the first outward signs of fluoride poisoning. Teeth are exposed bones. It appears as tooth discolouration, and, in some cases, physical damage to the teeth. Fluoride also impacts the brain, especially children's developing brains. It impacts the neurons and central nervous system causing hyperactivity, memory problems and IQ problems. A lower IQ in children means that we lose the genius out of society.

Fluoride also calcifies the pineal gland to shut down consciousness. The pineal gland is located in the centre of the brain and it secretes two hormones DMT and melatonin. DMT is known as 'The Spirit Molecule' and melatonin regulates sleep cycles which is vital for our body to rest and repair. It is a feel good hormone and regulates puberty. A calcified pineal gland causes an onset of early puberty.

The pineal gland is also known as the third eye which is considered as a portal to consciousness or connection to Source or God. The pineal gland was revered in Ancient Egyptian culture and known as The Eye of Horus and can be seen in many images from Ancient Egypt. It resembles a pine cone and images and statues of a pine cone can be seen in the Vatican. They understand its significance and if you want to control the population and shut down their access to higher consciousness then you block the pineal gland and calcify it with fluoride.

Fortunately with knowledge we can detox the body from fluoride which I will introduce you to later on in this program. For now this is why filtering tap water or finding a local water spring is essential to our health.

Also something to consider is the absorption of fluoride through the skin when showering or bathing. Increased skin or water temperature will enhance its absorption capacity as the warm shower or bath opens up the pores, causing your skin to act like a sponge. You not only inhale toxic vapours that are released, you also absorb them through your skin, directly into your bloodstream at a rate six times faster than if you were drinking it. Our body is 60% water and the blood and lymphatic system is over 90% water so it's essential for your health to consistently drink and bathe in only pure water



TWO WAYS OF BEING HYDRATED



that's not saturated with these toxic halides and carcinogenic chemicals. I have linked a shower filter on the recommended products page.

CHLORINE

Chlorine is added to tap water as a disinfectant and to 'purify' it. It is also added to swimming pools, hot tubs and spa water because it kills germs, bacteria and other harmful microorganisms which help to prevent the spread of disease. It has been marketed as beneficial and The CDC claims it's safe, however it is toxic to our health.

Dr. Joseph Price, famous American medical researcher and author, stated "Chlorine is the greatestcrippler and killer of modern times. Two decades after the start of chlorination of our drinking water system in 1904, the present epidemic of heart disease and cancer began." He believed there was a definite link between widespread chlorination in water supplies and the increasing rate of heart disease as he conducted animal experiments and found that chlorine caused arteriosclerosis, which is the hardening of the arteries, in 95% of the animals tested.

The Environmental Protection Agency (EPA) says Americans get 300-600 times the level of chlorine that they think is safe. The short term risks of chlorine exposure are eye, throat, sinuses, skin and lung irritations. It aggravates any asthma, allergies and respiratory problems. It is an accumulative toxin in the body and long term exposure risks are accelerated ageing, heart disease, Alzheimers and cancer.

Chlorine evaporates easily so chloramine is added, which is ammonia, to create a new chemical compound. It binds to chlorine so it stays in the water a lot longer and is more toxic. Regular carbon filters won't pull this out so ensure your water filter removes it. Known carcinogens such as chloroform are formed when chlorine reacts with organic compounds in the water. These chlorines accumulate in fat and tissues. Higher intake of chloroform is associated with an increased risk of colon cancer and of all cancers combined because it causes normal cells to mutate.

Two thirds of our exposure to chlorine is when we take a bath or shower. It's absorbed 6 times faster into our body than when we drink it. Tests show your body can absorb more chlorine as a result of a 10-minute shower than if you drank 8 glasses of the same water. Data indicates that hot showers can liberate about 50% of the chloroform into the air which you then inhale.

Chlorine is also used to disinfect the water in swimming pools, hot tubs and spas so anyone who did a lot of swimming will be halide toxic. The skin acts like a sponge and when we go swimming the chlorine is absorbed straight into our



TWO WAYS OF BEING HYDRATED



bloodstream and lymphatic system and if we are iodine deficient it will attach to the receptor for iodine in the cell and block our ability to absorb this essential mineral which can only come from an external source, resulting in serious health problems. In swimming or bathing the chemicals that are highly volatile are likely to gather near the water surface and then are more easily inhaled and the water can be swallowed. I will discuss detoxing chlorine later in this programme.

CELTIC SEA SALT

One key to detoxing and hydration is Celtic sea salt which is full of minerals. Drinking water with minerals helps the water get into the cells. Electrolyte minerals are electrically charged minerals which the body needs to function properly. They are important building blocks of the nervous system for the brain, muscles, digestive system, immune system and much more. The four main electrolytes in the body are sodium, calcium, magnesium and potassium. As Barbara Wren explains in her book 'Cellular Awakening', "These electrolytes actually charge the body by charging the water and depending upon the charge they are holding they can move water in and around the body. In a fully hydrated person this means having the ability to freely move messages around the body."

Sodium is a major factor in the functioning of the body in relation to hydration. Sodium is the main mineral found in salt. Salt is a natural antihistamine and when there is a salt shortage in the body it can produce symptoms in exactly the same way as dehydration. Sodium is involved with holding fluid in the blood in the right balance. A low salt intake can contribute to acidity building up in the cells. Common table salt (inorganic sodium chloride) is harmful to the chemistry of the body and when taken in large amounts, it's difficult to eliminate and is deposited in the tissues causing swelling. Introducing an organic sodium such as Celtic sea salt can give the body what it needs as it has 92 minerals. Drinking too much water can deplete the body of sodium and result in dehydration so it's important to keep a balance. F. Batmanglidj suggests $\frac{1}{2}$ teaspoon of salt for every 10 glasses of water (4 litres) we drink.

I recommend using Celtic sea salt over other salts in cooking or adding it to water because of its incredible healing capacity. It has about 92 minerals and it's alive. The Celts believed that everything that has lived here on Earth has died and decomposed into the soil. Water flows through the land and ends up in the



TWO WAYS OF BEING HYDRATED



sea. As mentioned earlier water can store information and has memory so everything that has ever lived ends up in the sea and therefore is recorded in the salt which is crystalline in structure. The salt holds the history and knowledge and we can take it to access this knowledge. It has its own intelligence and when Celtic sea salt is dried in the sun, the sun activates the salt so that when it's consumed it gets where it needs to go in the body more quickly. You can do this by placing a little under the tongue. Pretty cool eh?

CELLULAR HYDRATION

The second way our body is hydrated is through cellular hydration. Our mitochondria, which are the powerhouses of our cells that produce ATP (energy), make cellular water and hydrate us from the inside out. It's their health and integrity that determine whether we're healthy or not. Hydration is essential for the health of every cell in our body because when we are dehydrated our cells become stagnant and unable to perform all their functions.

A little test to see how your mitochondria are functioning is how you feel when you wake up in the morning. You should feel refreshed and energised which means your cells have cleansed and recharged during the night, just like charging your phone battery, but most people feel drained so they reach for stimulants like tea or coffee to get them out of bed and ready to face the day. Take these stimulants and fake energy away and they have no energy which means they have poor mitochondrial function and their cells are not cleansing and recharging during the night.

The cellular water inside our body is called EZ water (Exclusion Zone) also known as fourth phase of water and it's absolutely essential for our energy levels. It's your body's battery and this water is charged by sunlight. It's a liquid crystalline or gel like substance that is structured. The water network inside our body is actually a massive battery full of usable potential energy and when we expose our bodies to the sun we expand the EZ water in our body and create more energy.

The sun emits a spectrum of colours that we can't see and these rays feed and charge our mitochondria which helps them produce energy. Our body is a clock and these rays also signal to it what time of day it is and this then activates processes in our digestion, hormones, neurotransmitters and many other functions throughout the day. At sunrise until about 10am and early evening to sunset, the sunlight has more near infrared and infrared rays which is red light.



TWO WAYS OF BEING HYDRATED



This red light is very calming and feeds and heals our mitochondria. It provides cellular respiration which means our cells can breathe when we are exposed to it. From about 10am - 2pm, depending on the season, the sunlight is much stronger with violet, ultra violet and blue light. Blue light is very energising and it causes the body to release dopamine, one of the feel good hormones, which is why we feel so good in the sun. As human beings connected to the earth we are designed to follow this rhythm of nature and the cycle of day and night. Our whole system depends on it.

However, with the rise in technology we are now surrounded in artificial blue light which is causing serious health conditions. It is the junk food of the light world. This blue light is emitted from all LED artificial lighting, computer screens, TVs, phones, street lights, fridge lights etc. We have light receptors in our eyes and all over our body and when we're exposed to this blue light it signals to our body that it's 12pm on a midsummers day. Artificial light was only invented about 100 years ago, before that after sunset you could have candlelight or a fire and you would mostly stay in your house. You couldn't really do very much and this is actually how we're primally wired but modern life has completely disrupted these signals and way of life.

When the sun goes down and the natural blue light is gone we are meant to get that signal through our eyes. The darkness triggers melatonin to gradually rise three or four hours later. Melatonin is our sleep and repair hormone which is critical for health.

If you are exposed to blue light after sunset through being on your computer, looking at your phone, watching TV, having artificial lights on in the house etc. that signals that the sun is coming back up and it completely confuses the body. It was just getting ready to go to bed to sleep and repair and the melatonin was building. The moment you flash the blue light in your face and eyes your body gets the signal that the sun's rising again and melatonin is suppressed and cortisol which is our stress hormone is released. This is a huge hormonal disruptor and can cause a spike in blood sugar which makes you hungry so you snack late at night. It totally throws off all the different functions that your body was just preparing to do which is the cleansing and recharging of the cells and the rebuilding and repairing of tissues at night which only happens in the absence of light, specifically blue light so this is why most people wake up feeling drained.

So poor circadian rhythm is very dehydrating to the body and Dr. Gerald Pollock's research actually shows that blue light, EMFs, bluetooth and WiFi can decrease EZ water by 15-20%.



TWO WAYS OF BEING HYDRATED



Other factors that dehydrate EZ water are:

- Food and carbs out of season as it's a confusing circadian signal. We will cover this in week two
- Microwaving food
- Reduced oxygen flow from mouth breathing. We will cover this later in the program
- Keeping our phone on our body
- AirPods/bluetooth headphones and using bluetooth in the car
- Being around negative people or in toxic relationships
- Using a Fit Bit, Apple watch or wearable electronic devices. Oura ring and Whoop band are best used on airplane mode
- Sleeping with the phone charging or right next to your head/bed
- Stress

Decreased exclusion zone water is associated with inflammation, Alzheimer's, cardiovascular disease, ageing, cancer, and diabetes.

Rehydrating on the cellular level is linked to an improvement in metabolism, energy, anti-ageing and it prevents disease.

So the easiest way to hydrate from the inside out is to respect the cycle of day and night. Get outside at sunrise and look towards the sun. Get the bright light in your eyes, no sunglasses, glasses or contact lenses. Your eye needs the direct signal of light which it will get even if it's cloudy. If you can't get outside open a window so there's no glass between you and the sun's rays. Stare at that part of the sky for several minutes and you will feel the most incredible surge of energy. To me it's like having a morning coffee. You don't need to do it for hours, just five or ten minutes every morning and this has a cumulative effect. This switches on your digestion, lowers cortisol levels and begins melatonin production for the day along with a whole series of other processes in the body.

Try to get outside during the day as much as possible. Go for a walk or get light breaks so your body is getting the signals of what time it is and when the sun goes down, respect the fact that the sun has gone down and we are meant to be in darkness. This is the message that your body should be receiving. Minimise artificial and blue light at night through the use of candlelight, blue blocking glasses, red light bulbs and screen protectors. You will feel a difference in your nervous system as it relaxes after dark and you feel melatonin kicking in making you tired and ready for bed. Once you get used to this way of living there's no going back. When you are exposed to artificial light after dark you can really feel



TWO WAYS OF BEING HYDRATED



how it hurts and offends the body. This is a process and can take some time to adjust but it's absolutely critical in maintaining good health and achieving the results you desire.

If for some reason you can't go outside a red light therapy panel is an alternative. Red light therapy is gaining in popularity because of the healing benefits of this light however, real sunlight and nature always win. If you do use a red light panel it's best to do it in the morning and evening to mimic the sunrise and sunset. Some people experience sleep disruption when shining the light directly on the skin after sunset as this can impact melatonin release.

Start off slow with about 3-5 minutes and see how your body responds. Build up to 10-20 minute sessions and take days off to give your body time to recover. Most people do well with regular sessions about 3-5 days per week.

I have links to products I recommend on the recommended products page on page 18.

In summary I feel that as we begin to nourish our bodies with pure, energised water and hydrate ourselves from the inside out through honouring our circadian rhythm, we will begin to restore and cleanse the water on this earth as we fully comprehend the healing properties that it has to offer us, as many ancient civilisations did in the past. Water is mentioned 722 times in the Bible, more than faith, worship and love. The Quran says, "We have created every living thing from water" and the Upanishads say, "The whole universe is made up of water. All beings are made up of water."

We are remembering this sacred knowledge and the secrets and memories that water has to teach us. Pure water nourishes us on the physical, mental, emotional and spiritual levels. Shifting our consciousness to connect with our water connects us to the earth. When we are fully hydrated we open ourselves up to receive universal wisdom and integrate the enormous amounts of cosmic energy streaming into the planet that is upgrading us everyday. What we think, believe, and what we put out into the world, influences our levels of hydration and affects every cell in our body. Being fully hydrated is an opportunity to heal and give thanks to our body and do our part for the earth from the inside out.

"Water is our constant source of enlightenment and reflection of the Divine"
Veda Austin



RECOMMENDED WATCHING AND READING



VIDEOS ON WATER

- [Dr. Masaru Emoto - Water Experiments](#)
- [Dr. Masaru Emoto's Rice Experiment](#)
- [Veda Austin: The Secret Energetic Properties of Water Part 1](#)
- [Veda Austin: The Secret Energetic Properties of Water Part 2](#)
- [Secret of Water Documentary](#)
- [The Secrets of Water - The Documentary of Viktor Schauberger "Comprehend and Copy Nature"](#)

VIDEOS ON FLUORIDE

- ['Fluoride: Poison on Tap' Documentary by Dr. Group, DC](#)
- ['Poisoned Horses' Documentary on Fluoridealert](#)
- ['Crippling Waters' Documentary on Fluoridealert](#)

VIDEOS ON CELLULAR WATER & CIRCADIAN HEALTH

- [Water, Cells and Life with Dr. Gerald Pollock](#)
- [The Health Benefits of the Different Rays of the Sun Playlist by Sarah Kleiner](#)
- [Why Your Diet Might Not Be Working For You by Sarah Kleiner & Dr. Jack Kruse](#)

BOOKS

- [The Hidden Messages in Water by Dr. Masaru Emoto](#)
- [Your Body's Many Cries For Water by F. Batmanghelidj](#) - I have a PDF copy so if you're interested let me know and I can send it on to you.
- [Cellular Awakening by Barbara Wren](#)

MUSIC FOR WATER

- [Piano and Classical Music Playlist](#)
- [High Vibrational Medicine Music Playlist](#)
- [Water Song by Ayla Schafer & Mose](#)
- [The Water Blessing Song by Nalini Blossom, Binder & Mose](#)



RECOMMENDED PRODUCTS



WATER FILTERS

- [Find A Spring](#) - (Free) A website that offers locations of hot and cold springs around the world.
- [Celtic Water Solutions](#) - Offer a good range of home water filter systems.
- [Clean Water](#) - Offer full installation, self install and whole house water filters.
- [Countertop Water Distiller](#) - This is my top choice for water filtration and budget friendly.
- [Berkey Gravity Filter](#) - Make sure it's the one that filters out fluoride as some of the Berkeys don't.
- [Shower Filter](#)

STRUCTURE WATER

- [Aqua-vortex Liquid Energizer](#) (Stainless Steel)
- [Aqua-vortex Liquid Energizer](#) (Gold) - Once your body has got used to the stainless steel spiral upgrading to the gold spiral can be the next charge as it charges the water with the vibration of gold.
- [5 Lt Glass Drinks Dispenser](#) - You can add crystals or write beautiful words on the glass container.
- [Celtic Sea Salt](#)

TOOTHPASTE

- [Aloe Dent Flouride Free Toothpaste](#)
- [Wellnesse Whitening Toothpaste](#) - Contains hydroxyapatite which strengthens and remineralises teeth and fends off cavities.

CIRCADIAN HEALTH

- [Block Blue Light](#) - Red light bulbs, reading lamps and night lights. UK website so you may have to pay customs charges.
- [Bon Charge](#) - Red light bulbs, reading lamps and night lights. I bought from here and they're very good quality but I had to pay custom charges.
- [Bon Charge](#) - Blue Blocking Glasses. I invested in a pair and they have lasted really well. I bought a pair from another company and they broke within a year. Discount Code 20% Off from Steak and Butter Gal: SBGAL
- [Bloomoak Blue Blocking Glasses](#) - These are a cheaper option to Bon Charge. I haven't tried them myself but they have good reviews on Amazon.
- [Red Light Bulbs](#) - Pack of 2 on Amazon.
- [Iris Software](#) - Blue light blocking and eye protection software.
- [LumiRed Red Light Therapy Panels](#) - Red light panels.
- [EMR-TEK](#) - Red light devices, blue blocking glasses and lighting.