



15  
Summer  
Hydration  
Recipes

PLANET THRIVE

ACTION PLANS FOR OPTIMAL HEALTH

# **15 Summer Hydration Drinks**

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## KEY COMPONENTS OF HYDRATION DRINKS

Our bodies are made up of ~60% water, with some organs having a much higher percentage. This is why it's so important to be sure we are drinking an adequate amount of quality water throughout the day – especially in warmer climates and during the summer months. But how much water should we be drinking? Some say we should drink half of our pound body weight in ounces. For example, if you weigh 128 pounds, you should drink around 64 ounces (1/2 gallon) of water per day.

There are various ways to hydrate and mineralize our bodies. I love to choose a few different approaches and rotate them so I can be sure to get a range of nutrients throughout the day. A balanced hydration drink should contain a pure source of water, high quality minerals in the correct ratio for *your* body, and optionally, a form of glucose to help open up the cells to accept the hydration.

## WHICH WATER IS BEST?

With water making up so such a large percentage of our bodies, it follows that our drinking water should be of the highest quality if we are concerned with optimizing our health. One of the main ingredients in most hydration drinks will be water. It is important to use the most health supportive form of water as the base for your hydration drinks.

Did you know that the water that comes out of our faucets behaves differently than the water found in our cells? The water in our bodies is called structured water — also known as EZ water, or the fourth phase of water — and has a gel-like consistency that can form a sort of “bridge” and hold healing information for our cells.

It's important to be aware just how impressionable water is: [Masaru Emoto](#) studied the effect of intention, words and thoughts on water and found that positive words like love and happiness and classical music created beautifully structured water crystals, whereas heavy metal music and negative thoughts like “I hate you” created distortions in the water crystals.



Being intentional with your words, thoughts and music when around your drinking water will actually create structured – or distorted – water, the choice is up to you! One option is to store your water in glass with healing words and phrases on the bottles — you can get [clear vinyl sticker paper](#) and print it out with the words love and happiness and send loving intentions to your water as it is being structured.

How can we structure our water? Structured water is found within our bodies but also out in nature — the natural forces of water running over rocks and creating a vortex action is what structures water. Permaculture uses a design of several small ponds leading to a larger one to create naturally structured, purified water. If you drink spring water directly from the spring, you are drinking structured water. However, you need to be careful about bacterial and heavy metal contamination.

Fruits and some vegetables naturally contain structured water through the photosynthesis process. Adding water-rich plant foods like oranges, watermelon, celery and cucumber to fresh juices is a wonderful way to enhance hydration.



If you are fortunate, you may live in an area where there is a [local fresh spring source](#), or you can use a few different products to structure your filtered water at home. You will want to use water that is free of heavy metals, chemicals, and bacteria. While spring water is structured and has a “life energy,” it can be contaminated so it is ideal to have the water tested before relying on a local spring as a regular water source.

The next best water after uncontaminated spring water is either distilled water or water filtered by a reverse osmosis (RO) system, but you must mineralize the water with [trace mineral drops](#) before drinking since both have the minerals removed.

You will also want to make sure your water source is halogen-free – halogens include fluorine, chlorine, and bromine which are all commonly added to public water systems. Fluoride is the most reactive of all and prevents DC electric current from flowing through your tissues. Your mitochondria rely on an electric current to perform essential functions, so it is critical to avoid ingesting substances that prevent that current from flowing.



## Hydrogen Water Bottle

You can now easily create hydrogen-rich water in your home, which has additional benefits – there are rechargeable hydrogen water bottles that use electrolysis to generate hydrogen in your water, creating antioxidant-rich water that helps neutralize free radicals and boost overall well-being. You can taste the difference after infusing the hydrogen into your water!

Please note: you must be cautious when choosing which hydrogen water bottle to purchase. There are many cheaply made versions available and I have heard they may be infusing heavy metals and/or chlorine into the water during the electrolysis process.

Here are two that are certified to International Hydrogen Standards Association (IHSA) standards: [Ocemida OCE-5000 Pro](#) (use coupon code PT10 for 10% off at checkout) and Lumivitae's [CellPower Hydrogen Water Bottle](#). Several people I know have reported very promising health improvements after using hydrogen water bottles at home.

## **Analemma Water Wand**

The [Analemma Water Wand](#) is a tool that transforms regular tap water into its supercharged, full-spectrum, coherent state. In regular tap water, H<sub>2</sub>O molecules move in a chaotic and irregular manner. Through a simple process, Analemma radically changes the state of water by rearranging the H<sub>2</sub>O molecules into a liquid crystalline structure. That structure, and its stability, have a remarkable influence on all living things.

## **Mayu Swirl**

The [Mayu Swirl](#) is an innovative pitcher with a unique water vortex. By producing a swirling vortex, the Mayu Swirl aerates the water to replenish dissolved oxygen levels while balancing pH to create tastier, more refreshing water. Some of its benefits include: boosting oxygen levels to emulate spring water, enhancing taste and texture, and balancing and restructuring water for optimal hydration. Use code "[PLANETTHRIVEOFF](#)" at checkout to get \$15 off at checkout.

## **Somavedic**

You can also structure your water using a [Somavedic device](#) that has water structuring capabilities, such as their Medic Green Ultra, Amber, or Gold models. Somavedic is designed on the principle of controlled release of energy from precious and semi-precious stones. It creates a cohererent, life-supporting field covering more than 2,800+ square feet.

Somavedic can mitigate the negative effects of EMF radiation (4G/5G, WiFi, cell phones), geopathic stress and water crosses, Curry and Hartmann lines, and oxidative stress/free radicals.

Certain [Somavedic](#) models also structure water and transform it into a mountain spring quality water that is natural to our bodies and cells. It can structure (harmonize) any tap or bottled water by just placing the water within one and a half feet of the device. Use code "[biofieldretraining](#)" for 10% off at checkout.



## OUR FAVORITE SEA SALTS

Another key element of a hydration drink is sea salt, which mineralizes your water. When using salt, I recommend rotating different sources so that you are receiving a range of trace mineral ratios, which varies from salt to salt. Some of my favorite brands of salt include: [Real Salt](#), [Celtic Sea Salt](#), and Transformational Salts. [Transformational Salts](#) are made by Dr. Cousens Global, and are a 100% pure and scalar enhanced raw mix of 5 precious ancient seabed and sea salts of the earth from the Peruvian Andes Mountains, Hawaii, Himalayas and Utah — rich in minerals, and without excipients, stabilizers, conditioners, chemicals or preservatives. Mountain Rose Herbs has a beautiful selection of [gourmet culinary salts](#) that can be fun to explore — black lava, Cyprus flake, Himalayan, Kaiwe Smoked, Red Alaea, and more. [Red Moon Herbs](#) sells an herbal finishing salt full of trace minerals made with salt from Saltville, VA, sustainably handpicked ramp tops/wild leeks and stinging nettles.

## **MINERALS**

Sea salts contain macro and micro minerals from the sea, but you can also use the specific minerals themselves – it helps to know if you are deficient in one or more (typically, magnesium, calcium, potassium, or sodium) so you can customize the ratio but there are some standard recipes, if not.







## 15 HYDRATION DRINK RECIPES

Choose 2 or 3 (or more!) of the below hydration drink recipes and rotate them throughout your day to maximize your nutrient intake and keep your taste buds satisfied!

### Solé Water Drink

- 32 oz [water](#)
- 1-2 cups [sea salt](#)

Fill a quart size mason jar with water. Add 1-2 cups sea salt and let it sit overnight. By morning, the minerals in the sea salt will have unbound themselves and will be free floating in the water solution, ready to be absorbed by your cells. You'll know if you made a solé (pronounced so-lay) solution if there is still salt sitting at the bottom of the jar (if there is no salt, you need to add more sea salt to the solution). You can keep this solé solution on the counter and continue using daily.

**To use:** Measure 1 teaspoon of the solé solution, add to an 8-10 oz glass of water and sip throughout the day. This drink allows

your body to selectively uptake the minerals it needs, in the ratio it needs, and you may find it much more effective than drinking any commercial electrolyte drink that has a set ratio of minerals. In other words, the solé drink allows your body to use its own innate cellular intelligence.

### **Lemon + Local Honey**

- 1/2 gallon spring/structured/filtered water
- juice from ¼ lemon
- ½ tsp [Transformational Sea Salts](#)
- 1-2 droppers [Eiden Mineral Blend Bone Support Concentrate](#)
- Local [raw honey](#), to taste

Combine the first four ingredients and drink with a small amount of raw local honey — combining glucose with electrolytes and an acid helps water and electrolytes get into cells faster because sodium transport and glucose transport work together in the small intestine.



## Coco-Lime

- 16 oz raw [coconut water](#)
- juice from ½ lime
- juice from ½” piece of ginger (optional)
- sprinkle of [Celtic sea salt](#)

## Homemade Mineral Blend

- 32 oz water
- ½ teaspoon [Real Salt](#)
- 400 mg [potassium chloride](#)
- ¼ tsp [magnesium malate](#)
- juice from ½-1 lime

## Prepared Mineral Blends

- 16 oz spring/structured/filtered water
- with: [Trace Mineral drops](#)/Micro mineral drops or if you are deficient in potassium you can use [MegaHydrate](#), if low in sodium the [LMNT electrolyte mix](#) is a great choice, for magnesium citrate [CALM](#) works well (and they also have a “Plus Calcium version)

## **Chilled Stinging Nettles Infusion**

- 1 cup dried [stinging nettle leaves](#)
- 32 oz boiling water

Place dried stinging nettles in a mason jar. Cover with boiling water. Leave overnight or 6 hours. Strain and chill.

Stinging Nettles are packed with minerals and vitamins. Because nettle can have a diuretic effect and may cause increased urination, it would be best used as part of a rotation rather than as a primary hydration drink.

## **Hibiscus Tea**

- 32 oz chilled [hibiscus tea](#)

Use your favorite tea blend and feel free to add ginger juice, lime juice, mint, and some honey, to taste – or enjoy it by itself.





## **Watermelon Mint Agua Fresca**

- 4 ½ cups seedless watermelon chunks
- juice from 3 limes
- 1 ½" piece of fresh ginger
- 3-4 sprigs fresh mint
- pinch of sea salt

Blend well, strain, and chill.

Or, forego the juicing/blending and just eat the slices with a pinch of sea salt and squeeze of lemon or lime juice on top!

## **Pickle juice**

- Naturally contains sodium, potassium and magnesium. Use homemade pickle juice or a commercial brand that is lacto-fermented (made with sea salt and without additives or vinegar).



## **Fresh Juice**

- 1 cucumber
- 1 celery stalk
- 1 green apple
- juice from 1 lemon
- ¼" piece fresh ginger
- ½ cup parsley or cilantro
- ¼ cup pea shoots or sunflower sprouts (optional)
- ½ small clove garlic (optional)
- pinch of sea salt

Juice the ingredients and enjoy! If you don't have a juicer, you can blend them and strain to create your juice.



## **Super Greens**

This juice is made with structured-water-rich vegetables like cucumber and celery, and contains a range of vitamins and minerals.

Combine in a blender:

- 16 oz water
- 1 bag mixed greens (chard/ kale/ collards/ mizuna/ spinach/ arugula/ watercress/ frisee etc.)
- ½ cucumber
- 1 cored apple
- juice of 1 lemon
- 1" ginger
- pinch of sea salt

Drink as is or strain for clear juice.

## **Spinach-Apple-Ginger-Mint**

- 1 cup spinach
- 1 green apple, cored and peeled
- juice from 1 lemon or lime
- ¼" piece fresh ginger
- 3 springs fresh mint
- pinch of sea salt

This is a delicious juice, packed with minerals. Spinach is high in oxalates, so please avoid if you have an issue metabolizing oxalates.





## Quinton Tonics

Quinton makes two versions of sea water electrolytes: isotonic and hypertonic.

[Quinton Isotonic](#) is the gentler of the two supplements. It is equal in molecular structure to blood (iso means equal) and is formulated to slowly release into the blood stream. It is the perfect isotonic solution of organic ocean minerals diluted with natural alpine spring water to achieve the same consistency as your blood plasma. Quinton Isotonic conforms to the human extracellular matrix and supports cellular osmosis and rehydration.

The [Quinton Hypertonic](#) solution has a marine plasma concentration higher than that of blood that pushes the liquid into the cells. The mineral concentration is 3x that of blood.

The isotonic solution would be a better choice for those with sensitive systems. If you are mineral deficient and needing a bigger boost, you could try the hypertonic solution.

## **Humic/Fulvic Remineralizer**

- 16 oz spring/structured/filtered water
- 1 dropperful humic/fulvic acid

Fulvic acid is formed when organic matter (plants and animals) decompose. It is found in the humus part of soil and peat, and is also found in streams and lakes. Fulvic complexes provide important transportation for nutrients into the cells and bio-waste and toxins out of the cells. They are particularly helpful for boosting energy and reduction of inflammation.

Humic complexes collect free radicals and bio-waste, bind with heavy metals and provide important detoxification support by carrying these unwanted elements out of the body. They are a naturally occurring result of ancient, decomposed, fresh-water plants.

When choosing a brand to take, make sure the company has tested for heavy metals and other contaminants that can accumulate in nature.



## Adrenal cocktail

- 4 oz fresh orange/pineapple/mango/guava juice
- ¼ tsp [potassium bicarbonate](#) or [cream of tartar](#), or 1 cup [coconut water](#)
- ¼ tsp [sea salt](#)
- 1-2 oz cream/[coconut cream](#) (optional)
- 1-2 oz [collagen](#) (optional)

## **6 WAYS TO INCREASE INTRACELLULAR HYDRATION**

Keep in mind, that increasing water intake when dehydrated won't help with hydration unless the H<sub>2</sub>O can get into your cells. Six ways to help increase intracellular hydration are:

### **Reduce your EMF Exposure**

Electromagnetic fields (EMFs) loosen the tight junctions in cells, which affects the flow of electricity through cell membranes as well as what compounds can come in and out of your cells. To keep a strong electrical charge and your cells well hydrated, you will want to limit your EMF exposure, which includes cell phone use, WiFi and other wireless technology, your proximity to power lines and cell towers, microwaves, and electrical appliances.

### **Drink Structured Water**

As discussed previously, [structured water](#) (use code "[biofieldretraining](#)" for 10% off at checkout) is more hydrating than regular tap water.

## **Ground Daily to Gain Negative Electrons**

To maintain proper electrical charge in the body and keep the battery that runs our mitochondria well charged, walk barefoot on the Earth or swim in natural bodies of water. Also known as grounding, this practice will transfer free electrons from the Earth through your feet, to your cells. I once did a five-hour barefoot hike — not only was I not tired on my return, but I felt totally energized! If you cannot get out into Nature daily, you can use the [Revitive Circulation Booster](#) to gain free electrons through your feet. Using the Revitive for 1 ½ - 2 hours daily is like swimming in a lake or going on a barefoot hike, in terms of the grounding benefits. Use it daily for long-term benefits.

## **Get Some Sun**

Exposure to the infrared light from the sun's rays or an infrared sauna will structure the water already in your body.

## **Increase Fiber Intake**

Fiber helps your body to absorb water by creating bulk and keeping food in your intestines longer, so you are able to extract more nutrients and liquid from it to utilize in your cells.

## **Practice Resistance Training**

Studies have shown that resistance training can increase cellular hydration in both men and women. Resistance training is also called strength training or weight training, and uses muscle contraction to build strength. Resistance training usually involves the use of weights, bodyweight exercises, isometrics, and plyometrics.

Our wish for you is an enjoyable Hydration Drink Rotation plan that keeps you hydrated all summer, and all year long!