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functional
nutrition
alliance 

TIPS TO DRINK MORE WATER

LEMON LOVE

Add lemon or lime slices to dress it up and support your body's detox pathways.

1

EAT YOUR VEGGIES

Slip in some veggies and fruits that pack a hydrating punch like celery, cucumber, watermelon and cantaloupe.

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BRAIN TONIC

Make a morning "tonic" with apple cider vinegar and adaptogenic tinctures like schizandra, ashwagandha, rhodiola or our favorite blend called Diamond Mind.

MORNING RITUAL

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Make a large glass of water part of your daily routine by having your water bottle next to your sink ready to drink before you even brush your teeth.

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DRINK AND DRIVE

Keep a water bottle in your car and sip while you're stopped in traffic or waiting in the carpool line.

CURB YOUR CRAVINGS

When sweet cravings strike, have a glass of water before you turn to the chocolate (you might be dehydrated and not actually hungry!).

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GET HERBY

Create a unique taste by adding freshly muddled herbs to your water; try fresh peppermint, lemon-grass, lavender, or cilantro.

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Hot or iced, adding more herbal teas to your day increases your water intake and nutrition.

TEA PARTY

OIL AND WATER

Add a drop or two of essential oil to boost the flavor of your water; peppermint, orange, and lavender all make water taste delicious.

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TRACK IT

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Shine a light on how much you are actually drinking by tracking for five days - no judgment, just be curious and get clear on how you can drink more water.

BONUS: GET PERSONAL

Treat yourself to a reusable water bottle that brings a smile to your face (and lips).