

INSPIRING IDEAS TO INCREASE YOUR HYDRATION

Do you struggle to fit the recommended 2+litres of water in every day? Read on for inspiring ideas to increase your daily hydration.

1

FLAVOURED WATER

An all-time classic. Add lemon, cucumber, mint, sometimes ginger or orange mixed with water and a touch of salt (only a couple of grains to help the absorption of the electrolytes). Helps digestion, cellular cleansing and calms a bloated tummy.

2

HOT WATER WITH GINGER, LEMON & HONEY

People swear by the immune boosting properties. Drink first thing in the morning for bowel regularity. Last thing at night helps you sleep better. During the day helps to metabolise foods, refresh and decrease appetite.

3

BROTH OR SOUP

In winter when drinking cold isn't as good as warm, add broths and soups to your diet. They're filling and full of water! If you have IBS, try a warm vegetable broth first thing in the morning or between meals to sooth and nourish. Chicken soup helps colds and are a source of callagen to help mend the gut.

4

HERBAL TEA

Old fashioned herbal tea - camomile, peppermint, rooibos, ginger, apple, nettle and fruits can all be made into tea by steeping them in hot water and adding a bit of honey. Soothing and comforting especially on a boring grey, rainy day, or when you feel a little bit ill.

5

SORBETS

Sorbets are effectively water. To make, blend 1lb of fruit, 1/2 cup yoghurt and 1/4 cup of sugar/sweetener in a food processor with water to achieve a smooth puree. Serve straight away, or freeze until later. A lifesaver on a hot day!

6

STEAMED VEGETABLES

These are water dressed as food. Vegetables that you can eat raw need only a few minutes of steaming to keep them crunchy and retain their nutrients. Even sweet potatoes are delicious when steamed!

7

FRUIT CUBES

Easy to make and lovely in plain or sparkling water, fruit ice cubes add something extra to your drink. You can also freeze herb teas to create a delicious mocktail. Rub camomile tea ice cubes on your skin for a great complexion!

8

CUTE WATER BOTTLES

Children need a little more convincing than adults to drink their water, so a cute water bottle might be a godsend. Try kids with flavoured waters, herb teas or sorbets too. Why don't you get yourself a water bottle that you love and see if it encourages you to drink more than in a glass.