

Assignment 1 – Hydration

The Science of Health

Every-Day Hydration

1. Fill 2 1-liter bottles with fresh water (empty ASEA bottles are ideal)
2. Add a pinch of sea salt or quality Himalayan salt to each bottle (to add electrolytes).
3. Squeeze a 5-10 drops of fresh lemon juice into each bottle.
4. Drink half a bottle before breakfast.
5. During the day, drink water from these bottles.
6. At the end of the day, note how much water you drank



During this assignment, only drink water till satisfied. Don't worry if you don't drink all 2 bottles a day. The bottles are helpful to measure how much water you have taken per day. For comments or questions, our email is info@cellularhealthcoaching.com.