

# Hydration and Mindful Eating



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## About me:

I'm a Registered Holistic Nutritionist with a mission to help you Eat Right. Feel Better and Look Good, by offering easy, practical and sustainable dietary suggestions.

I work with stressed, busy professionals and on-the-go professionals to bust cravings, increase energy, manage weight and fix digestive issues so as to transform their health from the inside out.

I help you eat nutritiously without spending hours in the kitchen or breaking the bank on expensive health foods.



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## HYDRATION

The earth is  $\frac{3}{4}$  water. Similarly the adult body is more than 60% water.

Water is our lifeline. It is the primary component of all body fluids like blood, lymph, digestive juices, tears, urine and sweat. Water is also involved in the most important body functions like digestion, absorption elimination, circulation etc.

Besides this, water also carries the important electrolytes; mineral salts that help convey electrical signals in the body. A well hydrated skin looks younger, and makes hair shinier and less brittle.

Generally, if you are thirsty enough to drink water means you are already dehydrated. So it becomes important to keep drinking water periodically to ensure proper cell hydration.

We hear that 6-8 glasses are a must everyday.

This is a great baseline, but the amount of water your body needs depends on many more factors.

Some of these to consider are:

- **Your activity levels:** the more active you are and sweat more, the more water replenishment you will need.
- **Your size:** the bigger you are the more hydration you need.
- **Climate or temperature:** Hot, humid climates cause more water loss from the body.
- **Special circumstances:** like fever, diarrhea, constipation, kidney diseases which cause excessive water and electrolyte loss from the body, call for more water consumption.
- **Diet:** also plays an important role. If you consume dehydrating items like sodas, alcohol, coffee you need to replenish your water supply. Some foods like cucumbers and melons are a great source of water on a hot humid day. They are cooling to the body too.

Water is best consumed at several intervals throughout the day. Since I was a child, I've had the habit of drinking 1-2 glasses of warm/ tepid water first thing in the morning upon awakening. It's an excellent way to start your day and begun body's detoxification process gently.

**So bottoms up folks.....to a glass of water!**

## Hydration Tips for Wellbeing and Weight Loss:

**1. Start with a [master cleanser drink](#) first thing in the morning.**

It helps with gentle detoxing and stimulates digestive juice production, which is really beneficial if you have digestive problems like bloating and indigestion.

It also aids weight loss efforts.

**2. Drink a large glass of water 30 mins before a meal.**

It will help reduce hunger and you will eat less.

**3. Aim to drink 6-8 glasses of water per day.**

That's a great starting point. Depending on your activity, size, climate, dietary habits and special circumstances, you may need more water.

**4. Hydration substitutes to water:**

If you are one of those people, who finds it really hard to drink a lot of water, remember there are more than just this way to stay hydrated- such as:

- Herbal teas
- [Smoothies](#) and [fresh juices](#)
- Water based vegetables and fruits- cucumber, celery, water melons etc.
- I'm personally not in favor of flavored water, as it's a source of added colors, sugars and preservatives to the body. Nothing like a fresh glass of water to rehydrate and recharge the body! But for those of you who are making the switch from sodas to water and crave some taste, I suggest adding some cucumber, orange / lemon or strawberry slices or even some mint leaves to a big canister of water. It adds a great subtle taste without any added disadvantages of flavored drinks.
- [Hot soups](#) on cold days- especially clear ones and broths.



## MINDFUL EATING

Majority of us have a habit of eating mindlessly.

**Mindless eating** or unconscious eating means eating while you are:

- Driving
- Reading
- Watching TV/ movie
- Multi tasking

It also involves eating something just because you are in the habit of eating it. For example, some people have the habit of drinking coffee in the afternoon, and they will do so whether or not they like it. Eating by the clock is another habit. You should eat when you are hungry, not because the clock says so (unless you have to take timely medications with meals) .

**Mindful eating** on the other hand means, sitting peacefully without any distractions from the TV, smart phone and emails. It means eating when real hunger strikes. Do not multitask while eating.

It takes your brain about 20 minutes to register you are eating.

Slowing down during meals times helps the brain register this fact and helps you eat less.

Try it for yourself!

**Mindful eating is important for the following reasons:**

- It enables better break down and digestion of food
- You eat less
- You get to enjoy the meal and savor the taste with each bite
- It makes you appreciate the fact that you are fortunate enough to have food n your table and for the cook who took the time, effort and love to prepare it (even if the cook is you!).

### Action Items:

- *Start recording the amount of water/ hydrating drinks you consume in a day and slowly increase it every week till you are drinking at least 6-8 glasses/ day*
- *Start noticing how many times you eat mindlessly and start being more mindful when eating. It will help in reduction of unnecessary calories consumption.*