Drinks!! We all love our go-to drink in the morning or on a hot day. We can have fun with this one! There are a few things to keep in mind though.

Caffeinated teas and coffee should be made very weak or eliminated for those who are deficient in IRON or other minerals. Remember the anti-nutrients we were talking about with the vegetables? This is the same case as with flavonoids, another group of antinutrients found in “healthy” sources, including tea, coffee, wine and certain other whole plant foods. Unfortunately, even positive antinutrients can inhibit mineral absorption to some degree but are relatively harmless (and even beneficial) as long as you don’t overconsume them.

Fun Fact! You can dehydrate yourself by drinking too much water! If you’re not replenishing your electrolytes (salt), you can dilute the electrolytes in your system which are essential for your nervous system to function. A dehydrated cell is an imbalance of fluid to electrolytes, not just a lack of water. The sodium regulates the amount of water in and around your cells.

Hyponatremia.

🧠LEARN FOR YOURSELF🧠

How to stay hydrated

https://youtu.be/JAhvCuJNu3I

DRINK ME✅

INFUSED WATER - Add any herbs or fruits on your approved list and have fun!

COFFEE - Have fun! Play with good quality coffee and different roasts. I recommend a single origin coffee if you want to experience a defined and flavorful taste.

TEA - Herbal and black teas. Hot or cold enjoy these with infusing your own herbs and fruits. Peppermint is especially good for an upset or inflamed

stomach.

MATCHA TEA - This can be a great option if your looking for a little bit of caffeine. Matcha tea has an amino acid called L-theanine. L-theanine promotes relaxation and helps lowers stress for some people.

The caffeine and L-theanine combined is supposed to provide relaxed-non-nervous or jittery energy.

SPARKLING WATER - These can be fun when you want to change it up. Keep in mind, carbonated water is known to aggravate those who are struggling with gut issues. Cutting it out for me what a big help. Once your gut has healed, play with adding it back in.

DO NOT EAT🚫

ANY SWEETENED DRINKS (fake or real sugar)

Avoid over doing it on the caffeinated beverages even with teas especially if you have gut issues.