**Nourish to Flourish:**

**Eating Well & Staying Hydrated**

*"To eat is a necessity, but to eat intelligently is an art*."

– François de La Rochefoucauld

While staying healthy might feel like a full-time job, it doesn’t have to be a grind. Eating well and staying hydrated can be some of the most satisfying, sensual, life-and-spirit enhancing habits to adopt — though for many of you, we’re probably preaching to the converted!

**Fuel Up Your Engine**

Yes, our human bodies — once well-oiled machines capable of great feats — may have lost *some* of their efficiency. But adding foods like: salmon, blueberries, eggs, avocado, walnuts, dark chocolate, and *plenty* of water into your daily meal rotation, can have profound effects, taking your body’s engine from 1st gear to 3rd or 4th (who needs 5th these days!)

**Good Food, Good Mood**

“A good meal is like a tonic for the soul.” Well said, Epicurus! The ancient Greek philosopher — who emphasized the pursuit of happiness through simple pleasures — reminds us that nourishing food not only fuels the body, it also gives your spirit a welcome boost.

**Mindful Sips**

Given (around) 60% of our bodies and 70% of our planet are made of water, our primal connection to this essential, life-sustaining source is undeniable. Drinking water mindfully, simply savoring each sip, can be a deeply calming ritual, promoting awareness, tranquility, and gratitude for nourishment.

**Hydration Helps**

While there are countless reasons to drink up, we only have room for 5, so here goes:

1. Maintains your energy levels

2. Improves brain function

3. Supports joint health

4. Aids in digestion

5. Helps prevent (painful!) urinary tract infections

While 8 cups (64 ounces) of water a day should be your general goal, it really depends on your body’s needs, health, and activity level.

Did you know that as we get older, our thirst signals can become quieter, making us more prone to dehydration? Also, factors like medications, health conditions, and changes to our metabolism can influence how much water we need. That said, keep an eye on your hydration! Set a reminder to sip (then sip some more!) throughout the day.

**Fight the Baddies!**

We know you know (but we’ll say it anyway!) eating well helps keep the bad stuff at bay, helping prevent heart disease, high blood pressure, strokes, cancer, and diabetes. Given many of us have one-or-more of these already, eating well can help us manage it.

*Leaving room here for resident quotes*

**Indulge, in Moderation**

Fear not, there will be no depriving yourself (unless your doctor insists). Eating well doesn’t mean subsisting on kale salads, nuts, and berries 24/7. Small indulgences are encouraged! — in moderation. Think of it as balancing act. Even out that decadent dessert with a nourishing breakfast tomorrow.

On that note, let’s toast a few sips of wine and *a full glass of water* to eating well and staying hydrated!