

The Ultimate Hydration Guide



Clean, Add, and Transform Your Water for Optimal Health

LIFETIME WATER



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→ **Why Hydration Matters**



Lifetime Water & Coaching, LLC

Hydration is more than drinking water.

It's about how well your body absorbs and uses that water at a cellular level. Clean, mineral-rich, structured, with added H₂ gas, supports energy, digestion, detoxification, genetic expression, and mental clarity.

Why Your Cells Need Better Water

Drinking clean, structured, mineral, and hydrogen-rich water supports:

- Increased cellular energy and repair
- Improved digestion and nutrient absorption
- Enhanced mental clarity and nervous system balance
- Natural detoxification and immune system support

Did you know that losing only 1%-2% of your bodyweight in water significantly impairs both athletic and cognitive performance?

Read on to learn how to transform your water and functionally support your cells with better hydration.

Lifetime Water & Wellness &
Lifetime Coaching



1. Clean Up Your Water

Start with a clean foundation:

- Use a Whole-House Filter to remove contaminants from all faucets
- Replace 3-Stage Filters regularly, especially before your ionizer
- Consider a Reverse Osmosis (RO) or AquaTru system for filtering your water at home if you don't have a water ionizer (yet;)

2. Add What You're Missing

Enhance your water's benefits by adding:

- Trace minerals such as fulvic and humic acid plus 72+ plant-based minerals
- Fresh fruit slices, lemon, or chia seeds to activate the water's 4th phase (intracellular hydration)

3. Transform Your Hydration

Elevate your water with structure and energy:

1. Use an Analemma wand to structure your water for better digestion and longevity
2. Add molecular hydrogen (H₂) via a water ionizer or hydrogen tablets for selective reactive oxygen species (ROS) antioxidant support.



My Travel Essentials

Stay hydrated on the go with:

- Brita water bottle with activated carbon filter
- Analemma wand for water structuring
- Trace mineral drops
- Hydrogen tablets for antioxidant benefits when away from your ionizer





Torie Borrelli's Alkalizing Morning Drink **Mexican Keto Cookbook**



16 ounces cold or warm
filtered HRW water
2 to 4 tablespoons apple
cider vinegar
2 tablespoons freshly
squeezed lemon juice
 $\frac{1}{2}$ teaspoon Ceylon
cinnamon

Dash of cayenne pepper
Liquid stevia (optional; I like
5 drops per serving)
Dash of Himalayan sea salt
2 scoops chia seeds, inulin
(prebiotic), or psyllium husk
(optional)
 $\frac{1}{2}$ teaspoon trace mineral
drops (optional)

→ Next Steps



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Summer is the perfect time to maintain your water system and upgrade your hydration:

- Replace your water ionizer filters regularly
- Schedule a complimentary hydration consultation to personalize your water plan
- Visit lifetimewatersb.com for products, resources, and support





Hydrogen-Rich Water (HRW) Benefits



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1. Hydrogen acts as an antioxidant

Hydrogen gas acts as a powerful antioxidant and has been shown to protect cells from even the most cytotoxic reactive oxygen species.

2. Hydrogen supports your body's antioxidant system.

H₂ supports your body's natural antioxidant system by signaling pathways associated with the prevention of disease.

3. Hydrogen is anti-inflammatory

4. Hydrogen may help reduce pain

5. Hydrogen protects your muscles

6. Hydrogen can speed up sport-related recovery

7. Hydrogen can help balance the pH of the blood

8. Hydrogen affects cell modulation

9. Hydrogen is neuroprotective

10. Hydrogen is protective against metabolic conditions

11. Hydrogen boosts your mitochondria

Clinical studies on hydrogen-rich water have found that it improves mitochondrial function.

12. Hydrogen protects against DNA damage

Hydrogen gas has been shown to protect DNA against radiation damage significantly. It does so by scavenging the formation of hydroxyl radicals.

13. Hydrogen can calm allergic reactions

14. Hydrogen is protective against cancer

15. Hydrogen protects organs

Hydrogen has been observed to be protective against damage to numerous organs, including the brain, pancreas, heart, liver, eyes, and lungs. This is believed to be due to hydrogen's anti-inflammatory, anti-apoptotic, and oxidative stress-fighting effects.