



Healing Waters

Hello everyone! I hope you are all having a happy, and healthy summer! For some of you, school is right around the corner, your schedules are changing, and it's time to step out of the summer rush. While in this season it is important to make sure to stay hydrated! You may be wondering, why? Let's look at some of the amazing healing benefits to water! Not just drinking it, but being around it too!

WHY WATER?

Im sure you all have heard growing up "Drink your water!" And that's just so you don't get thirsty, right? No! It's so you don't get dehydrated. When drinking water, it brings nutrients to your cells, regulates body temperature, and keeps your organs functioning properly. It is vital to have a life filled with water!



BOATING, FLOATING, AND SUN SOAKING!

Being on the water, whether it's a lake, river, ocean, or even a swimming pool, offers numerous physical, mental, and emotional benefits. Let's look into them!

HOW MUCH WATER?

Incorporating an adequate amount of water into your daily routine is essential for overall health and well-being. Aim to drink at least eight 8-ounce glasses of water a day, or more depending on your activity level and climate. By staying hydrated, you can enjoy numerous health benefits, from improved physical and cognitive performance to enhanced skin health and weight management.

PHYSICAL – MENTAL – EMOTIONAL

BENEFITS TO WATER

There are lots of physical benefits to water - Activities like swimming, kayaking, paddle boarding, and sailing provide excellent full-body workouts. They enhance cardiovascular health, strengthen muscles, improve flexibility, and boost endurance. Water-based Low-Impact Activity exercises are gentle on the joints and bones, making them ideal for people with arthritis or those recovering from injuries. Water activities require maintaining balance and coordinating movements, which can enhance overall motor skills and stability as well. There are also many Mental Health Benefits to being around water. Let's look at them!



Being by water has a calming effect, reducing stress and anxiety levels. The sound of water and the sight of open water can induce a state of relaxation and peace. The tranquil environment of water bodies can help clear the mind, improve focus, and boost creativity. Engaging with water encourages mindfulness and being present in the moment, which can enhance mental well-being and reduce symptoms of depression. Not only does water have Physical Benefits, Mental Health Benefits, it also has a large effect in Emotional Benefits. Connection with nature, and being on the water provides a unique opportunity to connect with nature, which can foster a sense of wonder and appreciation for the natural world. Water activities are often social events, whether it's a group swim, a family boating trip, or a fishing outing. These interactions can strengthen relationships and build community. Exploring water bodies can provide a sense of adventure and excitement, breaking the monotony of everyday life and offering new experiences. So as you can see there are lots of benefits to being around water. How do you flow into life with water?

Having trouble getting your glasses in?

Electrolytes are a perfect way to get your water intake up while having something that fuels your body too! Electrolytes carry, Sodium, Potassium, Calcium, Magnesium, Chloride, and Phosphate, which is import for many bodily functions!

**CHECK OUT THIS PRODUCT
HERE FOR MORE INFO!**

Infused Water



Infused water is water that has been flavored with fruits, vegetables, herbs, or spices. It's a popular and healthy way to enhance the taste of water without adding sugar or artificial ingredients. Here are some of my favorite combinations

CUCUMBER LIME MINT

6 Cucumber slices, half of a lime sliced, 10-15 mint leaves, added to 24 oz of water

STRAWBERRY LEMON MINT

5 strawberries cut in slices, 3 lemon slices, 10-15 mint leaves, added to 24 oz water

BLUBERRY LEMON RASPBERRY

Handful of blueberries, 3 lemon slices, 10-15 raspberries, added to 24 oz of water

To make infused water, simply add your chosen ingredients to 24 oz of water, let it sit for a few hours (or overnight) in the refrigerator, and enjoy!

Mindful Moments

Water affirmations are positive statements or affirmations that are often associated with the practice of infusing water with positive energy or intentions. The idea is that by speaking or thinking positive affirmations while drinking water, one can enhance their well-being and manifest positive changes in their life. Here are some examples of water affirmations:



Healing and Health: "As I drink this water, my body heals and rejuvenates."

Love and Gratitude: "I am grateful for this water, and I fill it with love and positivity."

Abundance and Prosperity: "This water brings abundance and prosperity into my life."

Peace and Calm: "With each sip, I invite peace and calm into my mind and body."

Energy and Vitality: "This water energizes me and fills me with vitality."

Clarity and Focus: "As I drink this water, my mind becomes clear and focused."

Happiness and Joy: "This water brings happiness and joy into my life."

Strength and Confidence: "With every sip, I feel stronger and more confident."

STAY TUNED

Big Things Ahead!

I am excited to announce a series of retreats and workshops coming soon designed to inspire, rejuvenate, and empower you! Whether you want to dive deeper into health and wellness, learn new skills, or simply take a break from your routine, we have something for everyone!



Well, this is all to this month's newsletter, I hope you all enjoyed! It's a pleasure to work with you all, and I look forward to bringing you more exciting updates in the next few months! Have questions or feedback? I'd love to hear from you! You can reach me here @healthylivingwithtammy@gmail.com

Blessings,
Tammy,
Healthy Living With Tammy

This months trivia!

What percentage of the human body is made up of water?

A, About 60%

B, About 40%

C, About 85%



Find out the answer in next months newsletter!