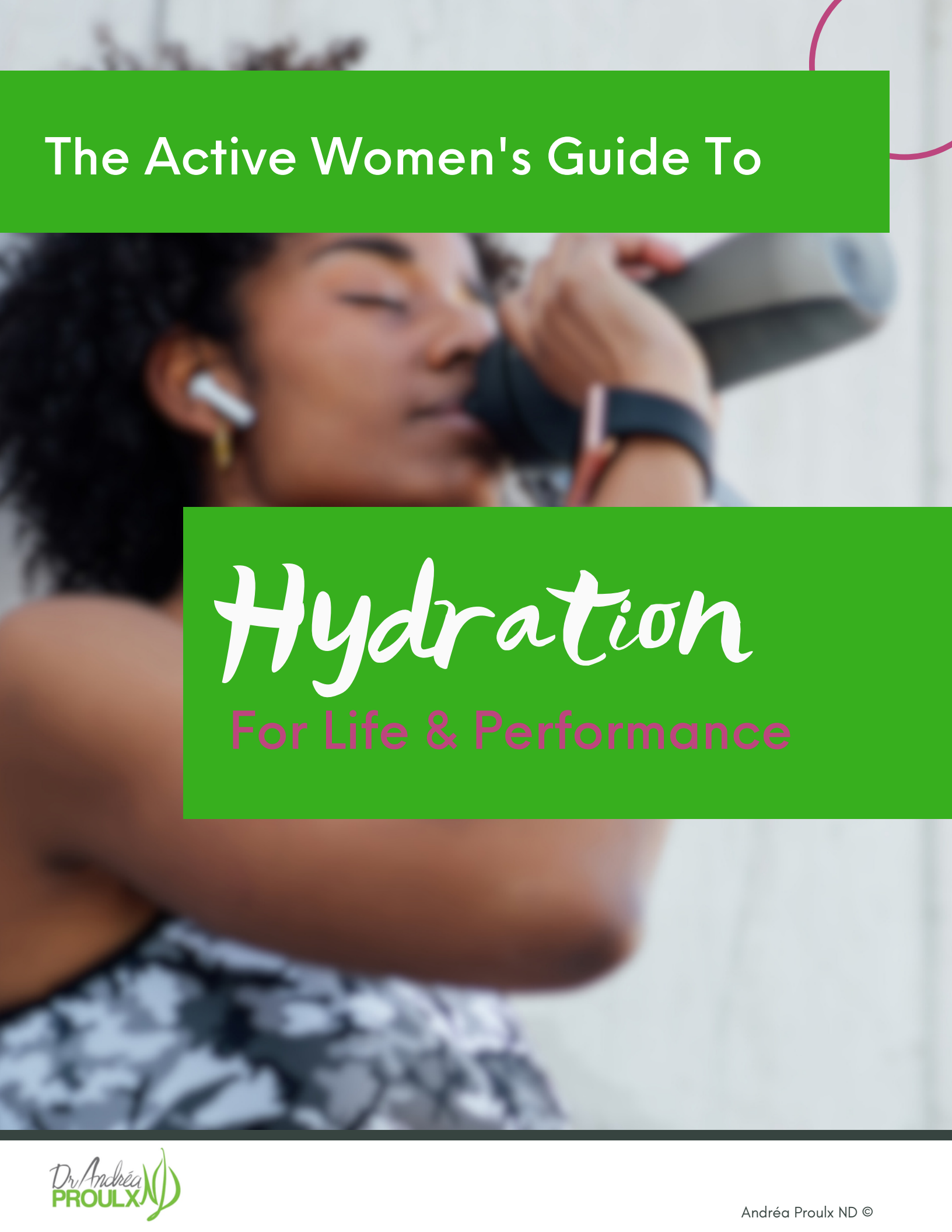


A blurred background image of a woman with dark curly hair drinking from a grey water bottle. She is wearing a blue and white patterned shirt and a dark blue wristband. A green banner is at the top, and a green box with white text is in the center. A pink decorative line is in the top right corner.

The Active Women's Guide To

Hydration

For Life & Performance

The Active Women's Guide to Hydration

Hi, I'm Dr Andréa,

As an athlete, active woman, fit mom and a naturopathic doctor, I help active women have more energy, take advantage of their hormonal superpowers, and perform better in sport and life!

In this guide you'll get:

- An understanding of how hydration affects energy
- What factors may be affecting your hydration
- How to stay hydrated for performance in sport and life!
- Recipes to make hydration fun



Let's do this!

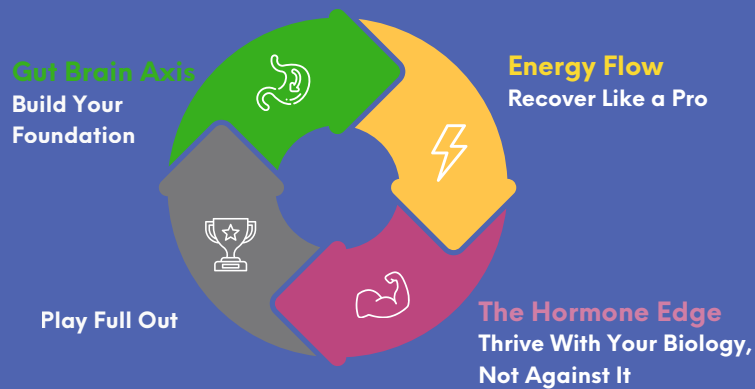
Dr Andréa

The Active Women's Guide to Hydration

To perform in sport and life in all hormone seasons of life, your best strategy has actions in the short-term and long-term.

Tackling directly your hormone levels and effects supports your total health – from guts to the nervous system.

My FIERCE Formula emphasizes optimizing health and performance through four stages.



Addressing the foundational gut-brain axis, rebuilding energy and resiliency, giving you that hormone edge to recovery, regenerate and conquer!



The Active Women's Guide to Hydration

What exactly is an "electrolyte"?

Electrolyte is the chemical word for "salt".

Salts are made of 2 minerals that are drawn together.

Table salt is made of sodium (Na) and chloride (Cl). It's chemical name is aptly sodium chloride.

In sport and activity, if you sweat, you lose electrolytes.

Hot, humid summer weather
+ outdoor workouts
= SWEAT!

Work hard + winter clothing = SWEAT!

When you sweat you lose:

- water
- sodium
- chloride
- magnesium
- calcium
- potassium
- zinc
- iron
- copper
- chromium
- fats
- amino acids like serine, alanine and glycine
- ...over 350 different compounds!

The Active Women's Guide to Hydration

If you don't replenish, you may suffer...

- lack of energy
- confusion - and poor decisions
- muscle cramps
- headaches
- slow recovery



Mild dehydration will cause;

Increased strain and perceived exertion for the same task compared to when your properly hydrated

In the long run, you're making harder for your body to;

- get energy
- build collagen
- build bone
- support thyroid and adrenal glands
- perform in sport and life!

The Active Women's Guide to Hydration

Drink water every day and add more...

- When sweating
- If you have hot flashes
- At altitude
- If the air is dry (this includes ice rinks)
- Add electrolytes
- Consider sports drink – if you need the added sugars



"I don't like the taste of water"

Check out the recipes in this guide. They will jazz up your water without adding processed ingredients.

If hydration is your priority, then avoid this...

- Overconsuming caffeine
- Drinking alcohol
- Having refined sugars

The Active Women's Guide to *How Much Do I Need?*

Factors that also affect hydration needs;

The 2 weeks before
your period when
hormones are high

Anytime on most birth
control pills (except
the placebo pills
week)

Pregnancy

Hormone
replacement therapy

Certain meds such as
anti-depressants

There's no 1 right answer since hydration status depends on so many factors.

- **Gut** health – do you have IBS? Do you poop everyday?
- Nutrition status – do you have food intolerances? do you eat fresh or packaged foods?
- **Hormone** levels – your menstrual cycle, your blood sugars, your stress hormones
- Sport needs – how long is your event or training session? can you drink during the exercise?
- **Environment** – what's the weather? is the air dry? are you at a new altitude?



Recipes for Hydration

Add table salt or a splash of coconut water for the electrolytes to the 1L of water and for flavour add...

- 1 cup blackberries, 1 orange peeled and thinly sliced, 5cm piece ginger peeled and thinly sliced
- 1 cup blueberries, 1 lemon thinly sliced, 4 sprigs fresh rosemary
- 1 cup pineapple chunks fresh or frozen, 1 cup coconut chunks fresh or frozen, 1 lime thinly sliced
- 1 apple, 1/2 lemon cut into slices, 1 carrot peeled and thinly sliced
- 1 cup strawberries sliced, 1 lemon cut into slices, 10 mint leaves torn
- 1 peach peeled and sliced, 2 plums sliced, 10 mint leaves
- 1 lemon cut into thin slices, mint leaves torn, 2cm ginger peeled and sliced, 1/2 medium cucumber thinly sliced
- 1 medium cucumber cut into thin slices, 1 lemon cut into slices, 1-2 celery stalks sliced or whole (add the leaves for a natural look)
- 1/2 grapefruit cut into slices or peeled, 2-4 sprigs fresh rosemary
- 1 apple, 1 small orange, 3-4 sticks of cinnamon, cloves
- 1 cup (1/2 pint) strawberries sliced, 5 large fresh basil leaves torn, 1 lemon thinly sliced

Great, now what?

I hope this guide has given you the knowledge and motivation you need to increase your hydration.

Hydration is an essential foundation – but only a component of the stages of the Performance For Life model I've developed for active women.

If you're an active female or athlete who is looking to up her game, take control of her hormones, and step into her feminine strength, then book a free Discovery Session with me Dr Andréa.

During this 15-minute session I'll get a better sense of your health goals and offer suggestions for your next strategic moves to up-level your performance.

It's easy to book; just click the button below:

Let's Connect

Step into your feminine strength!

Dr Andréa

