

A clear glass jar is filled with ice cubes, several bright red raspberries, and slices of lemon. The jar is garnished with a sprig of fresh green mint and a single lemon slice resting on its rim. A yellow and white striped straw is inserted into the top of the jar. The background is a soft, out-of-focus light blue.

Hydration

BIRGITTE HAANING CHRISTENSEN



Hi, I'm Birgitte — a holistic health practitioner for more than 20 years, and now the heart behind Hygge Homestead.

Through my work and writing, I've learned that true wellness comes from simple, steady practices — not quick fixes or chasing perfection.

That's why I created My Seven Steps:

*food, water, sleep, exercise, fresh air,
silence, and gratitude.*

These steps are the foundation for living with more balance and less stress, no matter where you are.

Over the years, I've seen how powerful small changes can be — a glass of clean water, a walk outside, a pause for gratitude — and how they often bring more lasting results than the biggest health trends.

My focus is on helping people reconnect with what really matters: nourishment, rhythm, and the joy of everyday life.

Today, I do my best to live out these steps in my own life, whether I'm tending the garden, working on projects alongside my husband, or cooking in my Homestead Kitchen and sharing simple, nourishing recipes.

For me, health is built one small choice at a time. My hope is to inspire you to slow down, breathe a little deeper, and discover that health and happiness often begin with the simplest everyday moments.

Welcome To The Hydration Guide

Water is life. Every system in your body relies on it to function well. From your brain to your digestive system, from your muscles to your skin, water is the fuel that keeps everything running smoothly. Yet, many people walk around in a state of mild dehydration without even knowing it.



Good hydration is like oil for the engine of your body: it keeps everything running smoothly.

In This Guide, We'll Explore:

- Why water is essential
- How much water you really need
- How to drink water for maximum benefit
- Simple ways to add flavor naturally with infused water
- How minerals like Himalayan salt can help restore hydration and electrolyte balance

Why Water Is Essential

Your body is roughly 60–70% water, and every organ depends on it:

Brain:

Water helps deliver nutrients and oxygen to your brain and improves focus, memory, and mood. Even mild dehydration can lead to brain fog or headaches.

Digestion:

Water breaks down food, supports nutrient absorption, and prevents constipation.

Detoxification:

Your kidneys and liver rely on water to flush out toxins and keep your blood clean.

Muscles & Joints:

Water lubricates your joints, reducing stiffness and pain, and helps prevent muscle cramps.

Skin & Aging:

Hydrated skin is plumper, smoother, and more radiant. Dehydration accelerates signs of aging.

Energy & Metabolism:

Water carries oxygen to cells, helping you feel more awake and energized.





If you feel tired, unfocused, or notice sugar cravings, try drinking a glass of water first. Often, dehydration masquerades as fatigue or hunger.

How Much Water Should You Drink?

Hydration needs vary based on age, activity level, climate, and diet. A simple general guideline is:

Half your body weight in ounces per day

Example: If you weigh 160 lbs → Aim for ~80 oz (~10 cups) of water daily.

Listen to your body's cues

Thirst, dark urine, dry mouth, headaches, or dizziness are early signs of dehydration.

Adjust for lifestyle and environment

If you sweat heavily, spend time outdoors in the heat, or exercise, you will need more water.

Important:

It's not just about quantity—it's about how and when you drink.

How To Get Maximum Benefit

Many people make the mistake of gulping down large amounts of water all at once, which can strain the kidneys and flush out minerals. A mindful approach to drinking water works better:

1. Sip water steadily throughout the day rather than chugging it all at once
2. Start your morning with 1 glass of water with Lemon Juice to wake up your system.
3. Room-temperature or warm water is easier on digestion than ice-cold water.
4. Avoid excessive water during meals as it can dilute digestive enzymes.
5. Follow the 3.5 oz per 20 minutes absorption rule
Your body can only absorb small amounts at a time. Drinking too much at once mostly passes through without hydrating cells.



Treat water as nourishment,
not just a task.
Pause, sip, and allow your body
to absorb what it needs.

Infused Water Ideas

Plain water is perfect, but infusing water with fruits, herbs, or vegetables can make it more enjoyable while adding gentle nutrients.

Here are some simple combinations:

Citrus Boost:

Lemon + lime + orange slices

Cooling Cucumber Mint:

Cucumber slices + fresh mint leaves

Rosemary Twist:

Red Grapefruit + a sprig of Rosemary

Detox Ginger:

Fresh ginger slices + lemon + a few basil leaves

How to infuse water:

Use fresh, organic ingredients if possible. Slice thin to release flavor.

Let it sit for at least 30 minutes before drinking.

Store in glass containers in the fridge for up to 24 hours.



“Water is life,
and clean water means health.”
— Audrey Hepburn

Himalayan Salt

If you've been sweating, exercising, or are feeling especially dehydrated, your body loses electrolytes—minerals like sodium, potassium, calcium, and magnesium that help your body absorb and use water properly. Himalayan salt is a natural way to restore these minerals without the artificial additives found in sports drinks.

Benefits of Himalayan Salt for Hydration

- Provides essential trace minerals to support cell function
- Helps balance fluid levels and prevent cramping
- Supports nerve and muscle function
- Can reduce symptoms of dehydration like headaches or dizziness



Simple Electrolyte Drink (DIY):

16 oz filtered water

A tiny pinch (less than 1/8 tsp) of Himalayan salt

Optional: 1 tsp raw honey + squeeze of lemon
for flavor

Sip slowly to help your body absorb both the
water and minerals.

Wrapping It Up

Hydration is one of the most overlooked, yet powerful tools we have for daily wellness. It doesn't require a fancy plan or complicated routine—just your awareness and a little intention.

Think of each glass of water as a quiet gift to your body. Not rushed, not forced. Just simple support—one sip at a time. When in doubt, start with water. It's where balance begins.

Just like nourishing food, movement, restful sleep, fresh air, silence, and moments of gratitude, hydration is one of My Seven Steps, that can gently return you to a place of calm energy and better health. It's not about perfection—it's about supporting your body in small, meaningful ways each day.

So whether you're sipping warm water in the morning, enjoying a glass before a meal, or infusing it with herbs and fruit from your garden—let water be a reminder to slow down and care for yourself.

Your body will thank you—with more clarity, better digestion, and the steady, natural energy you need to feel your best.



Your next step toward simple,
no stress, and seasonal living...

"Thanks for reading! I've gathered extra tips, recipes,
and seasonal living guides for you on my website.

Scan to explore them anytime."



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hyggehomesteadtx.com



bc@birgittechristensen.com



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WHERE EVERY SEASON FEELS LIKE HOME