



The PERFECT HYDRATION PLAN

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Brought to you by:
The Axelrad Clinic



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ABOUT THE AXELRAD CLINIC

The Axelrad Clinic is a **natural medicine clinic** in Houston, Texas where **women from all walks of life** – young women, moms and moms-to-be, professionals, retired, and more – come and **get 100% natural treatment** so they can:

[Balance Their Hormones Without Taking Hormones](#)
[Get Pregnant Naturally](#) or [Finally Succeed With IVF](#)
[Heal From PMS, Endometriosis and Other Gynecological Issues](#)
[Overcome Chronic Stress, Depression, And Anxiety](#)
[Lose Weight Naturally and Permanently](#)

NOTE: If you're new to The Axelrad Clinic, you can click one of the links above to learn more about how we help people with these problems using our unique combination of 100% natural medicine.

And, if you like this Instant Action Plan, [subscribe to our Axelrad Clinic Newsletter](#) and get new case stories, insights, and tips every week...

Offices in Houston, The Woodlands, and Katy.
ONLINE consultations for remote patients available as well.



THE FIVE CORE PRINCIPLES OF RADIANT WELLNESS

Wellness is not something you can buy. It's a MINDSET. It's a way of living that not only seeks balance and strength, but authenticity and purpose. It is beyond surviving. It is THRIVING. It is the will to meet life's challenges with grace, strength, and resilience.

Lovingkindness

Be kind to yourself and others. Be patient. Forgive. You are already perfect.

Clarity

Eat simple foods. Drink lots of water. Focus on your goals. Know your story.

Strength

Be yourself. Respect and honor your feelings. Seek inspiration and cultivate joy.

Simplicity

Don't make it complicated. There is no perfect. Breathe, let go, and move forward.

Consistency

Establish a rhythm. Do something every day that feeds your desire to be your most authentic, genuine self.

YOUR KEYS TO SUCCESS



- 1. Keep it simple** – Don't try to do too many things at once.
- 2. Be consistent** – Commit to this for 5 days in a row so you can really see how much better you feel.
- 3. Be kind** – Keep a positive, gentle, and open-minded attitude and don't be hard on yourself.
- 4. Focus on you** – if your partner or others living in your home don't want to do it, no worries! Just take care of yourself. By feeling your best, you are leading by example.
- 5. Action speaks** – Talking about your changes only dilutes the focus. There's no need to tell everyone. Just focus on doing it!

The WHY

Besides the obvious “water is essential to life” thing, there are very key reasons that drinking water balances your hormones and helps you achieve sustainable weight loss.

1. First off, drinking flavored drinks like bottled teas, soft drinks, juice, and energy drinks makes your body work harder. The sugars trigger insulin release and stimulate your adrenal glands (your primary stress glands) to secrete more cortisol. Coloring and other additives only make your cells work extra hard and use valuable energy. They can also be hard on your liver, which is one of your most important organs to regulate your hormone levels.
2. Secondly, water is essential for stable metabolism. We forget that the metabolic process depends on adequate water supply. The more you drink water instead of flavored drinks, the easier it is for your body to regulate its metabolism and produce the hormones it wants to produce when it needs them.
3. Finally, drinking water will curb your appetite and help you achieve and maintain a healthy weight. Your hormones are rarely, if ever, in balance when you're overweight.



The WHAT

- 1. A pack of water bottles – 0.5L each bottle (or a refillable bottle of your choosing).** Get one as soon as possible – tonight or first thing tomorrow.
- 2. DO NOT obsess over the details on this.** It's ok if the bottles are plastic. It's OK if it's not artesian water from a perfectly pristine source. You aren't going to find perfect water.
- 3. Make sure it's plain water,** not sparkling water. It doesn't have to be “alkaline” water either. Just plain old water will do.



The HOW

Drink ONE bottle at each of the following times. By doing this you'll get into a habit and it will become easy.

1. Before breakfast or after brushing teeth
2. 10am or two hours before lunch
2. Before lunch
4. 3pm
5. Just before dinner
6. One hour before bed

SUCCESS TIP ONE

Take the time you need, but you should be able to drink the whole bottle in about **five minutes or less.**

SUCCESS TIP TWO

When it's time to drink the water **stop everything else and just focus on drinking your water.** As you do, imagine the water is carrying calming, rejuvenating energy into every cell in your body. You can imagine this as a calm, light feeling spreading through your body. You'll start looking forward to this.

SUCCESS TIP THREE

Don't drink any juice, flavored or caffeinated beverages during the day. One cup of coffee in the morning is OK.



Common Questions

What if I'm not thirsty?

When we're chronically dehydrated we often aren't thirsty because our bodies build a tolerance to mild dehydration. The vast majority of my patients who start drinking water as I recommend will tell me that they actually start to crave the water more. So, you might have to "force it" at first, but you'll be OK after that.

Can I drink green tea or use flavor packs for my water?

I recommend you not do this. At most, use cucumber or fresh lime or lemon and only a little bit. I just want you to drink good old-fashioned water.

Will the plastic bottles hurt me? Is it better to drink out of glass or ceramic?

It is better (and safer) to drink out of glass or sealed ceramic. **HOWEVER** do not let this be a blocking factor for you. In other words, **JUST DRINK** the water. You're going to be healthier drinking 2 liters from a plastic bottle than you will be drinking a half or barely one liter from a fancy glass container.





HOW TO GET STARTED AT THE CLINIC

For new patients, and those interested in finding out if our services are a good fit for them, we offer a **FREE INITIAL CONSULTATION**. At this visit, you'll meet with your clinician one-on-one to discuss your situation and make sure it's a good fit.

To request your FREE consultation now
simply click the button below
or call +1-713-527-9555.

REMOTE CONSULTATIONS ARE AVAILABLE AS WELL.

