

A clear glass bottle is tilted, pouring a stream of water into a clear glass. The water is captured in mid-pour, creating a dynamic splash as it hits the glass. The background is plain white.

8 Glasses of water a day - No way? Piece of cake!

A clear glass filled with water, shown from a low angle. The water is slightly rippled. Below the glass, a faint reflection of the glass and water is visible on a light-colored surface.

By

Goldy Sheinin
www.goldenature.com

MAYBE YOU ALREADY DRINK MORE THAN YOU THINK! (OR LESS)

Have you ever wondered how to fit those mandatory 6-8 glasses of water into your busy day?

Here I assume that you already know and agree that you need to drink more water.

If I still need to convince you I will do it in one of my future posts.

Let me start with the **good news**: If you drink herbal tea, each cup counts toward your total daily norm.

The **bad news** is that if you drink coffee or black/green tea, you will need to add an extra 1 or 2 glasses of water because coffee and tea dehydrate you.

HOW CAN YOU FIND THE TIME?

Let's go back to our mandatory glasses of water. You know you need to drink more water, you agree with the goal being 6-8 glasses and yet... how can you find time to drink it?

How many times have you found yourself by the end of the day with a headache because you had 3 coffees and two, no, wait, actually one glass of water?

No worries, it is easy and I am going to show you how.

Some of us prefer drinking a glass of water in "one shot" (slowly, no gulping!) while others prefer having a bottle of water in their eyesight and sipping during the day. Both ways are great; just pick the one you prefer.

I have put together a table for you so that you can print and pin it somewhere in eyesight as a reminder.

Time of the day	Water to drink	
First thing in the morning (squeeze some lemon juice)	1	
15-20 minutes later	1	
	Glass (250 ml)	Bottle (500 ml)
10 am (between breakfast and lunch)	1	
11:30 (before lunch)	1	1 – to finish before lunch
1:30 (between lunch and dinner)	1	
1 hour-1/2 hour before dinner	1	1 – to finish before dinner
1 hour-1/2 hour after dinner	1	
1 hour before bed	1	1 – to finish 1 hour before bed

IMPORTANT!

Do not drink your water right after or before your meals. Drinking water with food can interfere with the proper digestion by diluting digestive juices. It can also make you feel heavy and bloated. Try to keep half an hour to an hour breaks between water and meals.

Another thing to keep in mind is that we are all very different and some of us need only four or five glasses while others need more than eight.

If you liked this guide and you'd like to know how much water we really need and what water to choose (and much more useful healthy tips), sign up for my Weekly Newsletter and get all this info directly to your email box.

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