

Get Into Hot Water

Hot water is the universal solvent – think of washing your dishes!

- Heat promotes downward movement through the stomach and intestines, reduces gas and bloating, and supports elimination.
- Digestion occurs most efficiently in a warm environment.
- Extra warmth and fluid aids in dilating the circulatory vessels and helps dissolve toxins to clear them from the body.



Simple Effects

- Stimulates digestion = better absorption of nutrients.
- Aids in defecation.
- Hydrates your internal organs and skin.
- Calms nervous system and mind.
- Brings a sense of grounding, settling and refreshment especially on cold, wet or dry days.
- Curbs cravings – really!

Techniques

- Boil or warm water on the stovetop or in a kettle rather than the microwave.
- Drink a few cups of hot or warm water first thing in the morning, *before* any coffee or tea.
- Put in a thermos (glass or stainless steel, no plastic) and sip throughout the day.
- Sip only warm or hot water with meals.
- When cravings (mental, emotional or food) occur, try a cup of hot water first.

If you want to get a little fancy:

- Add a slice of lemon, a pinch of salt, and a bit of raw honey.s