



Without an exception, I am sensing dehydration in the energy fields of every one of my in-person and over-the-phone clients. I know that I am on the same boat. In the Northern hemisphere, winter is proceeding with dry air inside due to heating and outside due to dry cold weather, making it even more necessary to pay attention to your hydration.

Water makes a huge difference in your body's ability to process physical and emotional stress. Staying sufficiently hydrated is my main advice to prepare for an energy healing session, and to easily integrate its effects afterward. Regardless of where you are, drink at least 8 glasses of water or more. Make it 12 if you just had energy healing or bodywork, or exercise regularly. My rule of thumb to get enough water when I feel really dehydrated is, making sure I drink at least a glass (8oz.) of water every two hours.

If you'd like to make your water come alive, add lemon juice, mint, sage, cucumbers, pieces of fruit to infuse your water with life and enzymes. If you are concerned about the quality of your water, consider investing in [a water filter like this one](#).

Remember, coffee, soda, soup, or even herbal tea don't count towards your body's water intake needs. The best way to ensure you drink enough water is to identify a container that you fill once or twice during the day and drink your way through.

Stay hydrated!

With love and hugs,

Damla