



# Healthy & Hydrated: The Key to Vibrant Aging; Inside and Out

*Pamela Roberts*

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**Healthy & Hydrated: The Key to Vibrant Aging; Inside and Out** Pamela Roberts

*Healthy & Hydrated – The Key to Vibrant Living*

- Do you need more energy?
- Do you ever feel lethargic, or run down in the middle of the day?
- Does a nagging headache prevent you from doing what you love to do?
- Is your digestion backed up and making life miserable?

Discover how these common everyday problems can be avoided by drinking a glass of water. But how much water do you really need? It is not 8-10 glasses daily as you have been told.

Insane as it seems, a drink of water can help you avoid so many health problems. By being hydrated, inside and out, growing old does not have to mean illness and frailty.

Feeling good has never been easier.

The human body is roughly 65% water. There are five major organs the body will go to great lengths to protect. *Healthy & Hydrated – The Key to Vibrant Living* explains which organs are of the utmost importance, and how the body gives you signs and signals that you need more hydration. You may be getting these signals already but are unaware of the message your body is trying to deliver.

*Healthy & Hydrated – The Key to Vibrant Living* contains handy charts and simple worksheets to help you calculate your unique hydration requirements. There are chapters on high hydration foods and refreshing beverages to enjoy while you learn to kick and control the soda/sugar habit. If your body was a fine machine, what would you use to fuel it?

*Healthy & Hydrated – The Key to Vibrant Living* gives you the secret to healthier looking skin. Included in this book are ingredients you should avoid putting on your skin and why. Your skin will reveal your true age.

Being fully hydrated will have people wondering what you have been up to because your skin will have a youthful glow. You will have less fatigue and more fun. You will sleep well and improve your outlook on life.

What could be better at age defying than living a vibrant, exciting life?

If you are looking for the way to stay healthy and to take good care of yourself, *Healthy & Hydrated – The Key to Vibrant Living* is a book you need to read.

Throughout the book, Chef Pamela gives you hints, tips and tricks for cooking and adding more hydration to the meals you plan and serve. She shares real life stories making *Healthy & Hydrated – The Key to Vibrant Living* a delight to read and understand how the body works. Hydration is critical to health.

Are you reaching for your water yet?

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