

FOREVER YOUNG

MORE ENERGY TODAY!

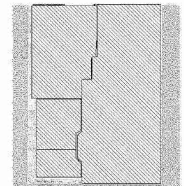
Powering up your water with health-boosting add-ins will help you look and feel years younger

Drink more water. We've heard that so often over the years that it's practically pat advice at this point. Sipping eight 8 oz. glasses a day is said to speed the breakdown of fat, banish hunger and keep mood and energy at their peak. But if you've been dutifully filling your water bottle all summer long yet are still battling fat, fog and fatigue, you may be wondering if water's reputation is overrated. It's not, assures integrative physician Elson Haas, M.D., author of *Staying Healthy with Nutrition*. "Drinking enough water is key to optimal health since it keeps cells properly hydrated." And it's especially important for women over 50 to drink up. The reason: Cell membranes become less

able to hold water as we age, so we need to drink more to get the same benefits. But drinking plain water all day can backfire, cautions Dr. Haas, since it can deplete cells of key nutrients, plus introduce toxins that interfere with the function of glands and organs like the liver, thyroid and brain. To the rescue: Experts have discovered that the right water mix-ins can combat these negative effects. Read on to find the fix that's best for you.

TIRED, CRAMPY & FOGGY?

Overhydrating may be triggering an electrolyte imbalance. The water we drink can't work its magic without ample electrolytes — minerals that regulate the flow of water into and out of cells. And when we sweat in the summer heat, we lose both water *and* electro-



lytes. But rehydrating with plain water can exacerbate an electrolyte imbalance, says Dr. Haas. The reason? Plain water has almost no minerals, so it fills the body with more fluids to process yet doesn't provide the electrolytes needed to do the job. "That can lead to muscle fatigue, cramping, headaches and anxiety," he says. That's why following Jennifer Aniston's lead and drinking water infused with electrolytes is such a smart idea. "The key is, you've got to get those minerals," says Dr. Haas. And fortunately, it's simple to do. Add a mix-in with electrolytes (like RecoverORS Bulk Pack 25, \$30, recoverors.com) to a glass of water every 4 hours as needed. You'll get up to 6 times the electrolytes of typical sports drinks — without the sugar. Or you can whip up your own electrolyte solution: Mix 7 cups of water with 1 cup of orange juice, then stir in ½ tsp. of salt and 2½ to 4 tbsp. of sugar or honey to taste.

BOTHERED BY BELLY FAT?

Toxins in water may be taxing your liver.

Michelle Schoffro Cook, Ph.D., author of *The Probiotic Promise*, explains that contaminants such as lead and nitrates sneak into water from soil, pipes and chemicals used to disinfect water — and even trace amounts of these toxins take a toll on your liver over time. "The liver is the body's major detoxifier, but constantly filtering out toxins can leave it sluggish," says Cook, adding that bloat, belly fat and fatigue are signs of an overworked liver. And women over 50 are at greater risk since the liver's detox abilities slow with age. The simple way to ward off problems: Mix a scoop of green powder (like Amazing Grass Green SuperFood Drink Powder, \$20, vitacost.com) into 1 to 2 glasses of water daily. Says Cook, "Chlorophyll, antioxidants and other nutrients in green powder nourish the liver to improve its detoxifying ability."

BATTLING BLUE MOODS?

Breaking science suggests that fluoridated water may be draining your thyroid.

This leads to blue moods, thinning hair, weight gain, fatigue and a host of other issues. "A healthy thyroid is like an energy furnace that helps us lose weight and feel great, and the key to turning on the furnace is iodine," says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* "The problem is, fluoride looks like the same key — but unlike iodine, it doesn't turn the lock." And as fluoride builds up in

the body, it depletes iodine stores, causing the thyroid to become more and more sluggish. What can help: a water add-in that contains iodine (like *Fatigued to Fantastic! Energy Revitalization System*, \$25, walmart.com), which will activate the thyroid and help flush out excess fluoride. To get the benefits, mix ½ to 1 scoop into a glass of water once daily.

3 Summer Fatigue Fighters



TAKE A GARDEN WALK

Strolling through a garden stimulates the senses to lift mood. And in a British study, 71 percent of people who took a leisurely walk among plants reported relief from tiredness and tension.



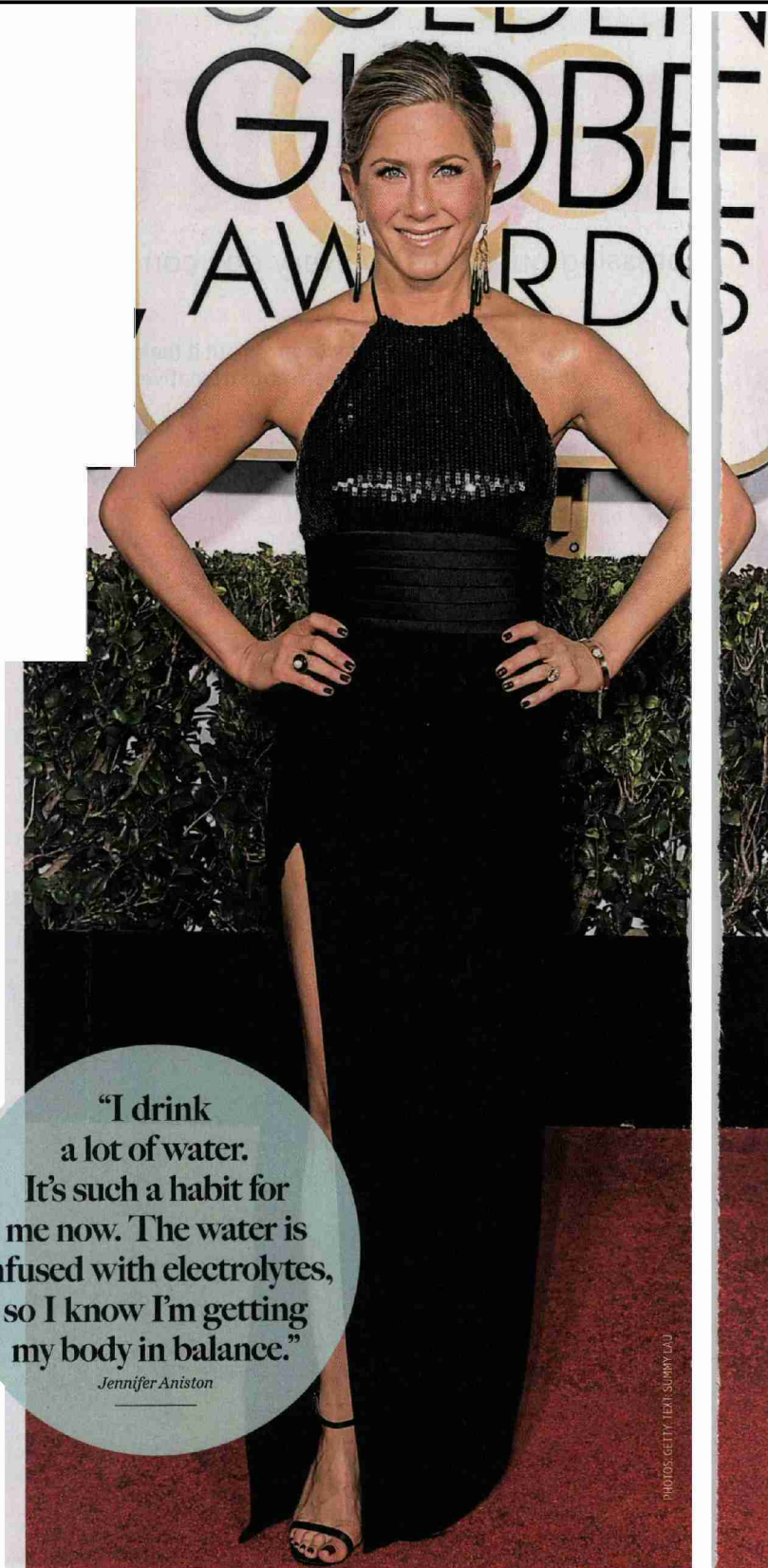
SNACK ON WATERMELON

The high water content of this fruit makes it a top hydrator. Plus, watermelon is packed with vitamin B₆, a nutrient that facilitates the conversion of complex carbs into the glucose our body uses as fuel.



LISTEN TO THE BIRDS

Spending 15 minutes enjoying the cheerful chirping of birds each morning can boost energy levels by 25 percent. Yale scientists say the sounds stimulate the production of energizing beta brain waves.



“I drink a lot of water. It’s such a habit for me now. The water is infused with electrolytes, so I know I’m getting my body in balance.”

Jennifer Aniston

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