

## SECTION C – Live Like You’re A Professional

### Module 12: Unusual Drinks You Can Use To Make Your Gains Come Quicker

Proper hydration will allow your body to operate more efficiently.

Poor nutrition can result in unnecessary fatigue, soreness, lower energy levels, and an overall less efficient body.

When you consistently hydrate your body properly you can expect:

- Higher energy levels
- Faster recovery (reduces soreness & stiffness)
- Better joint health
- More efficient muscle growth
- Reduced chance of unnecessary injuries
- Increased stamina
- Helps to avoid cramping
- Better digestion and general health

### **Which principles will we use to achieve these objectives?**

#### **1) Water Above All Else**

I'll show you different drinks you can consume to produce different results. However, the most important drink that you consume is water.

The fact that your body is made up of 70% water should be a good indication of what your body truly needs and desires.

*\*I would encourage you to drink purified / filtered water instead of contaminated tap water (which contains toxins, metals, chemicals, etc.)*

## **2) Don't Drink Your Calories**

I would encourage you to stop drinking calorie dense fluids. Stop drinking sodas, juices, or any processed drinks.

Firstly, most of these drinks are packed full of artificial sugars and chemicals. Both of which have negative impact on your body.

Secondly, they don't fill you up the way food does. Therefore you can consume calories from drinks but it will not increase your level of satiation (feeling full).

## **3) Consume Fluids Before, During, and After Training**

Water consumption is important throughout the day but extremely important around training.

Aim to drink at least 500mL of water before training and during training. Consume 1 litre of water post training to speed recovery.

## **What are these other drinks?**

Here are a few drinks I consume to obtain helpful benefits:

### ***Green Tea / Ginseng Tea***

- increase energy and mental alertness

### ***Apple Cider Vinegar, Lime Juice w/ Cold Water***

- aid in digestion / reduce insulin levels

### ***Lemon, Ginger, Turmeric w/ Hot Water***

- aid in digestion and elimination / reduce inflammation

### ***Sleepy Time Tea***

- increase speed at which you fall asleep & quality of your sleep