- Drinking water

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DAY 1 Today focus on drinking more water

It's one of the easiest, and most cost-effective, ways of improving our gut health

We're starting our 30-day journey with something that is easy to do with an almost immediate impact on your overall health. What's not to love? We all know that drinking water is vital for our good health. Not only does it aid cognitive function and concentration, but it is also vital to keep our joints lubricated. Additionally, being hydrated ensures sufficient production of saliva, which contains IgA, our first line of defence to support our immune health and protect us from bacteria and viruses. Drinking sufficient water also aids digestion as it helps to move food through the digestive system, preventing constipation.

How much should we drink?

There is no definitive guideline on the amount of water we should be consuming daily as it also depends on your losses. Living in warmer climates, being physically active, or even training more indoors, as well as illness such as having a temperature can all impact fluid loss from the body.

Ideally aim for around two litres, or four big glasses, a day but keep an eye on urine production, colour, and odour. Ideally you should be producing good quantities of pale straw-coloured urine several times a day.





4 easy ways to drink more water

Two litres seems like a lot, but it's pretty simple to get in more H20

TRY THIS!	THE DETAILS...
Pack in bags more flavour to make it easier to guzzle	Add slices of cucumber and mint or lemon and oranges to add natural flavour to the bottle of water by your desk. And your water needn't be cold either – see below!
Make tea	When it's colder, swap your drinks for herbal infusions; lemon and ginger is an energising pick-me-up.
Go portable to make sure the habit sticks	Get yourself a (big!) reusable bottle, which you can carry around with you. This will help you to keep an eye on fluid consumption through the day.
Eat more!	Eat hydrating foods such as fruit, vegetables, and soups – it all adds up.



RECIPE OF THE DAY

Cucumber and mint salad with a raita-style dressing

Cucumber is a highly water-rich food, and this recipe makes the most of its flavour

10 mins | Serves **4** as a side dish

For the salad

2 cucumbers

Large handful mint leaves roughly chopped

3 tsp fresh dill, chopped

½ a large red onion

For the dressing

60ml (¼ cup) coconut milk (tinned)

1 tbsp olive oil

3 tbsp lemon juice

2 tsp vegan honey or 1 tsp maple syrup

2 tsp white wine vinegar

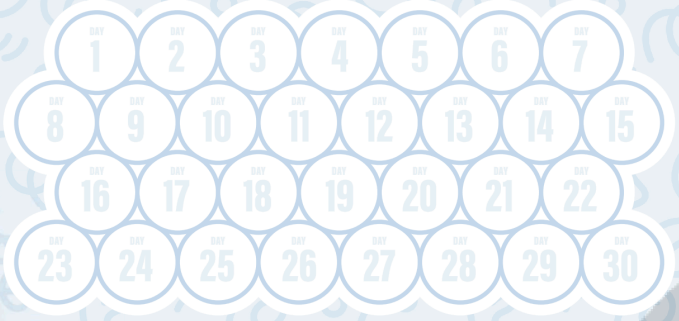
½ tsp sea salt

Small handful mint

1. Chop the cucumbers, red onion, mint and dill and combine in a bowl.
2. In a blender put the coconut milk (make sure this has been well shaken in the tin before measuring out), olive oil, lemon juice, vegan honey, salt, mint and white wine vinegar. Blitz until well combined.
3. Pour dressing over salad and mix well.

Habit tracker

Aim to tick off every day with this habit!



Daily reflection

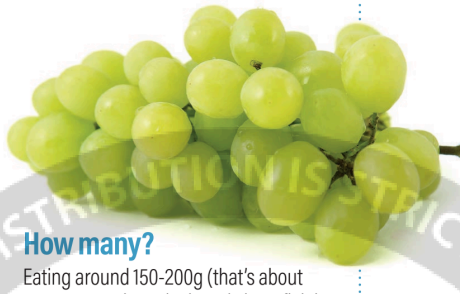
How has increasing your water intake felt as you get used to it?

On the days I drank more water I felt...

On the days I drank more water my energy levels were...

PLANT FOOD OF THE DAY

Grapes



How many?

Eating around 150-200g (that's about 20-30 grapes) can be hugely beneficial for gut health, and they also have a very high water content.

Why are they great?

Grapes are rich in polyphenols, which act as antioxidants and support healthy gut microbiota. They also contain dietary fibre, which helps maintain regular bowel movements and promotes a diverse gut microbiome.

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