



ReHydration

What?

ReHydration is a homeopathic remedy designed to assist the body in the deep absorption and utilization of water.

Why?

You've probably heard that our bodies are over 80% water, yet ironically most people are chronically dehydrated. Yes, we drink plenty of fluids in this country, but sodas, coffee, tea, sports drinks and even fruit and vegetable juices do not supply the body with the hydration it needs for optimal function – the body needs pure water! Imagine taking a shower in soda or sports drink – it wouldn't make you very clean would it? It's the same thing for your insides; pure water gives the body an internal shower and keeps things clean and flowing. However, if you haven't been drinking enough water and suddenly decide to start, your body will have a hard time absorbing it. It's a lot like trying to water a dried up houseplant – it leaks out most of the water we give it. Our cells are the same, if they have not had enough water over a period of time, they cannot open up and absorb it right away and they need some extra help.

The ingredients in **ReHydration** work homeopathically to turn on the body's internal communication system and help the cells uptake and utilize quality drinking water again to the greatest advantage. Many people experience a noticeable difference in energy levels, relaxation, skin texture and concentration after just a few doses of the product. Put simply, **ReHydration** "makes your water wetter."

This information is not meant to diagnose, treat or replace traditional treatment, and has not been approved by the FDA or HPB.

How?

Dilute 15 drops in a liter of water or as directed by your healthcare professional. Must be diluted, do not take directly from the bottle (or sublingually, as you may other homeopathic remedies).

Tips:

By putting **ReHydration** in your water bottle, you can ensure you drink the recommended daily amount of water for your body type.

ReHydration tastes heavenly after exercise, sauna or after a long, hot day. Professional athletes swear by the combination of **ReHydration** and **SpectraMin** in their water bottles to balance their bodies during and after a workout.

Key Ingredients:

Adrenal 3X, 6X, 12X; ATP (Adenosine Triphosphate) 4X, 6X, 12X, 30X; Coffea cruda (Coffee, unroasted) 1X; GABA 6X, 12X, 30X; Germanium sesquioxide 4X, 6X, 8X; Hypericum perforatum (St. John's Wort) 3X, 6X, 12X; Hypothalamus 3X, 6X, 12X; Kidney 3X, 6X, 12X; Serotonin 12X; Silicea terra (Flint) 4X, 6X, 8X; Taraxacum officinale (Dandelion) 1X



To learn more about homeopathy, ask your healthcare professional for a copy of Energetix' patient brochure: "Homeopathy Made Simple."

References:

Batmanghelidj, Fereydoon. 1995. *Your Body's Many Cries for Water*: Falls Church, VA: Global Health Solutions. ISBN 0962994235.
Hendel, Barbara, and Peter Ferreira. 2005. *Water and Salt: The Essence of Life*. Clearwater, FL: Himalayan Living Salt. ISBN 0974451517.v