

how to stay properly hydrated & how much you need to drink each day:

the simple calculation to discover exactly how much you need to drink, at a minimum, each and every day is:

**1 litre / 34oz of water per
40lbs or 18kg of body weight**

So...if you weigh:

$76\text{kg} / 18\text{kg} = 4.2 \text{ litres (142oz)}$

$167.5\text{lbs} / 40\text{lbs} = 4.2 \text{ litres (142oz)}$

your hydration goal tracker

day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9	day 10
AM									
PM									

day 11	day 12	day 13	day 14	day 15	day 16	day 17	day 18	day 19	day 20
AM									
PM									

day 21	day 22	day 23	day 24	day 25	day 26	day 27	day 28	day 29	day 30
AM									
PM									

Chanson Ionizer Offer Coming Soon

If you're interested in purchasing a Chanson Miracle MAX+ (counter top) or Chanson Royale (under-sink) Ionizer, I'm thrilled to let you know that there is a very special offer coming soon!

I'm just working through the details of it now (large, large discount), but if you're interested please email ross@liveenergized.com (you can just click that email if you're reading this online).

