

# HYDRATION

WAY  
MORE  
THAN A  
DRINK  
OF  
WATER

YOUR GUIDE TO MINERALS,  
ELECTROLYTES AND  
TOTAL HYDRATION



# **TOO MUCH WATER!**

(Not Enough Hydration)

eBook for Sunshine Vitamins, Instant CalMag-C book promotion

# CEO's Note on Dehydration

So, let's start with who I am, what I'm about and why you should even give me the time of day or listen to any of what I have to say.

My name is Desiree Lotz, CEO of Sunshine Vitamins, and I was trained decades ago as a detox specialist. I worked with people to detoxify from everything from drugs to environmental toxins, chemicals and poisons.

Over that time, I have helped countless individuals break free of the, most often, self-inflicted chains in which they have unknowingly wrapped themselves, always with the idea they were doing something good for themselves.

Due to the nature of the detox program itself, especially with regard to elimination of body toxins (via sweating, urination, etc.) much attention needed to be paid to the hydration of the body, in part by water intake but, much more importantly, by administration of vital minerals which were the make-break between body function and downright malfunction, and themselves required for the body to even utilize the water in the first place.

Via working with these extreme cases of potential dehydration, I came to know a great deal however, it was what I learned over the ensuing 10+ years that made me realize this was a much

more destructively insidious problem for the average (not detoxing) person.

In the extreme and controlled conditions of a major detox program, it is simple and easy to monitor, spot and handle any depletion issues of water, minerals and the like. In life however, the severity of the activity being of far less magnitude, dehydration tends to go unnoticed, while its symptoms are relegated to conditions in and of themselves with their own “remedies.”

The result is a vicious cycle of accruing symptoms throughout one’s entire life, sometimes compounding into full-blown illnesses, each with its own “remedy” and no permanent resolution or riddance in sight. And, many more people are suffering with a condition they are blissfully unaware they are experiencing, dooming them to endure it as a factor of life, getting old or just being human.

While none of this evidence was taken at face value, in looking at the many cases of individuals who have sought out my nutritional help and advice over the years, I decided to assume this premise as true as an initial hypothesis and began treating many of the symptoms I found among these people, seeing if the dehydration theory would hold empirically.

The results proved out over these cases, handling them as I would someone dehydrating on the detox program (if less

severely), where they were able to engage back in the activities the dehydration was hindering.

In other words, people's symptoms started disappearing and their abilities to do the things they needed or wanted to do returned.

I decided that you can argue theories all you want but you can't really dispute bona fide results.

The results of my research culminated in a mile-long list (on my website) of dehydration symptoms that reads something like a diagnostic manual.

While it will be covered subsequently, if you have ever suffered a headache, achy muscles, tension or cramps, nausea, unseasonably cold-like or allergy symptoms, constipation, diarrhea, fatigue, exhaustion, hot flashes or any type of inflammatory condition, you are near the top of a very long list and will be very interested in what you will learn here.

Don't misunderstand, however. It is very important to know that many of the conditions listed can have other sources. It is just that I found, time and again, these symptoms recurring in the suspect dehydration cases I have studied, deficiencies I have discovered and fulfilled, thereby all but eliminating these types of symptoms where in fact dehydration did exist.

Not to oversimplify but this is the simplicity of the situation. The complexities arise from a lack of understanding of the connection between body functions, their breakdown, deficiencies and resultant symptoms.

Such symptoms tend to be mistaken by the average person, presented to their medical doctor as conditions in and of themselves and a resultant chain of further complications to follow.

How does it further complicate? In absence of all of the available data (as the average person does not know what else to communicate to their doctor), a puzzling situation arises in which specialization enters the mix.

In other words, you are commonly referred to a specialist, something which further isolates the symptom from its original collection of clues to the origin and cause of the overall condition.

This is not to say medical specialists do not have their place, nor does it say to read this brief work, drop all inhibitions and fire your medical doctor.

By all means, when things are taken to an extreme in these conditions, sometimes medicine is warranted to handle the emergency of the “actuteness” or severity of these effects, but such action should only be utilized in conjunction with an investigation and handling of the true cause which, in my

observation, has traced back to the same dehydration I have seen countless times over.

For lack of integrative medicine, I fear the scientific advancement into specialized medicine has indeed become a double-edged sword. It gives us medical “breakthroughs” without addressing the body in a wholistic sense, “wholistic” meaning “not specialized or isolated” in nature but taken as an integrative whole.

Dehydration is very much a task for an integrative approach to medicine in which isolated parts are looked at as a conjunctive whole, a sort of team approach to the body.

To compound the issue are the factors of activity, environment, diet, toxicity, chemical breakdown and the like. Humans very much experience all of these factors in their own unique combinations, factors which account for the onset of the dehydrative state in the first place.

It would probably be surprising to you to find out that, although heat is known to cause dehydration, that air conditioning is perhaps one of the worst offenders, something which will be covered in detail in a later chapter. But it is indeed true, if a bit shocking.

Just as basic logic will lead to an understanding that anything that dehumidifies (removes water, usually from the air) will pull water out of anywhere, it will become clear that the human

body, predominantly water, can be itself “dehumidified” or, in other words, dehydrated! Air conditioning is therefore and thereby on the suspect list of culprits.

As if that wasn’t complicated enough, the common remedy for anyone (out of very sound basic logic based on the apparency of what dehydration is) is to drink a ton more water. As you will see in the ensuing chapters, this, even above air conditioning, is itself the most common cause of dehydration going, one of the most ironic factors of the problem.

Every day I witness people making decisions based on logic, with all the best intentions of creating or repairing wellness, all the while entrenching themselves further in the mire of symptoms they experience and resultant body malfunctions, never associating the two.

Actions that seem so beneficial such as significantly increasing water intake, drinking electrolyte sports drinks or even spending time doing hot yoga, sauna or intense exercise are all at play in the dehydration scheme. When coupled with the other environmental and body factors, you have your recipe for the decline. Taken alone, they seem unrelated and innocent short of making you “need more water.”

All who experience this sort of thing are so unknowing of what is really happening, all for a simple lack of knowledge on how the body works, on what it is based, how to get it to run in the optimum and, therefore, how to repair it when it isn’t.



Whether its slick marketing of sports drinks, clever commercial advertising of pharmaceuticals, mis-definition of terms like “hydrate” or a sheer lack of understanding of how the human body functions, there is a “hole” in the society which is actually a composite whole of the individuals’ “holes” in *their* understanding of dehydration.

In absence of such knowledge, I found that some leadership is desperately needed to light the way, not instead of, but above and beyond the need for or use of specialized medicine. It has become my purpose (or part of my larger purpose) to solve the dehydration conundrum and to advance people’s self-awareness to where health issues are something to be prevented, not experienced and “lived-with.”

This is part of my greater overall purpose. I set out to create calm in this world where unrest has been the order of the day and I have discovered through my personal investigation and research that, nutritionally, there is a physical element that is a major factor in the unrest.

Most people believe that the mental, emotional or spiritual factors can affect the physical ones. People instinctively sense this. But lesser known, perhaps, is the fact that the physical can affect the mental, emotional and spiritual.

The evidence is simple, and you have probably experienced it yourself. If you have ever had a bad day at work (or any other

activity) because you had to “work through” a headache, or be excessively hungry or even sleep-deprived, you understand the effects the physical body can have on you and your demeanor.

This was abundantly clear to me and I saw my place in this world and how I could contribute to a calmness that desperately needs to be ushered in. I feel I am accomplishing this in fact via my work in everything I do.

A great responsibility become my lot through my research and has become a sort of crusade for me as a nutritional expert and developer of supplements to fulfill deficiencies which cause all the trouble.

On a more local level, I wish to usher in a calmer, stress-free happy life for you. It is a multi-step process and the first and most fundamental, as far as I am concerned, is to handle proper hydration as a basic body requirement.

That is the first step to a happy life.

So, I present this brief work to you in order to help you find yours.

Read. Learn. And enjoy life again!

Much love,  
Desiree

# Too Much Water Is Not Enough: An Introduction

Water.

It is a vital element of life, something we all know we need. We instinctively know we cannot live without it for very long at all. But what is it about water that makes it so vital?

Ask anyone and you'll receive a similar answer: **to stay hydrated (of course!)**

But what does that even mean?

Is it a requirement that we must imbibe 64 ounces of water per day?

Should we be regulating our intake of it?

If we are supposedly “made up of 90% water” (as is commonly heard in colloquial conversation), does our consistent requirement for water mean we constantly lose it?

These are not easy questions to answer and yet we find ourselves managing somehow to get ours. But given these questions it leads one to wonder, should we be just “winging it” when it comes to such a vital, if fundamental body requirement?

When framed in this way, it becomes clear that a better understanding of the hydration-dehydration conundrum is in order. For improvising gives us a 50/50 chance of getting it right at best. And, based on how insidiously rampant dehydration tends to run, it is more likely a slim-to-no chance of success.

And, while those odds are certainly not good enough to meet any standard, most are gambling, all the while perceiving they are winning.

But how could this be? After all we live in quite the enlightened age, connected at every turn to channels of scientific information, flooding us with references and resources to answer nearly any question.

Still, humans dehydrate and don't even know it's happening or that it is responsible for the symptoms they are feeling or experiencing.

Further, labeling these symptoms as conditions and disorders themselves, they are not only farther from the truth, but all but debarred completely from finding a resolution.

The result is a multitude of health conditions you "just have to live with" or must endure to the bitter end.

And what a bitter end that would be.

Of course, this is to say nothing of the numerous manifestations a condition of “dehydration” can take. As you will learn, there are a multitude of warning signs in the form of numerous, common conditions which are manifestations of the actual problem.

Then irony is that, while this condition very much seems to operate “under your radar” and steers clear of your self-awareness, it is actually very “vocal” in nature.

As a matter of fact, when you gain a proper understanding of the condition itself via knowledge of how the body is supposed to operate according to nature’s blueprint, it becomes very obvious that your body has been trying to alert you the entire time. And the messages are as loud as the screaming siren of an ambulance rushing to the scene of an accident.

So, understanding malfunctions, illnesses and disorders of the body is actually more of a search and discovery, not of its present time environment and activity (though this is one element of it), but a trace back in time over the collective of habit, experience, trauma, environment, nutrition and numerous other factors, all to a singular cause.

It is very much a trace back in time to the source, the origin, the place all of it started, forward from which time marched on to accrue various imbalances and malfunctions which combined into the conditions experienced today.

And, the kicker is that it has the least of all to do with water!

That's right. What you are about to learn is not "how you get dehydrated" or how to properly hydrate the body, how much water it needs or how to get it. You are going to gain a working knowledge of how the body works so that you can understand proper and optimum function and therefore be more aware of breakdowns in its basic processes AND how to listen, hear and interpret the various signals to give it properly what it needs.

If your car breaks down, you take it to a mechanic to diagnose and fix.

Why?

Is it because you don't know how to fix cars?

No.

It's because you don't know how a car works.

Your mechanic is not a specialist in "broken-down cars" but an expert in working cars. His knowledge consists of how optimum-working cars run, mechanically and technologically, and this gives him keen insight into exactly what the problems are when they are not running right.

Shouldn't this be the logical approach to everything? Wouldn't you need a working understanding of your body in its optimum state?

Think about it.

Doing so would give you far more insight into your own wellness than mere "tips" or "hacks" to just deal or live with dehydration. This would be a mere scratch on the surface compared to the numerous other body functions you could support and restore when they falter.

This is very much a journey in self-awareness, one which extends out far beyond a mere understanding of how to get hydrated. You will learn the fundamentals, know the ramifications and, at last, have a shot at preventing them and leading the wellness lifestyle you always wanted. You will become an active participant in your own health.

So, treat this short manual as a working lesson in self-awareness and do become more aware of yourself. Self-awareness itself is the one thing that can be given you that you won't find on Google or YouTube or anywhere else on the internet.

As you read on, reflect on your own body, its experiences and history, its signals and signs and what they might be trying to tell you.

For the subject of this brief handbook is your body and its optimum function. And you can take part in controlling it.

It does belong to you after all.

You can't change its past but, let's get you your shot at creating its future!

Now let's tackle dehydration.

But first, let's understand what it means to hydrate!



# What is Hydration? It's More Than Just Water...

What is hydration?

Well, it's pretty obvious, isn't it? It must mean getting water.

But that, in fact, is about the most drastic undersell of the word.

The prefix "hydr-" comes from an ancient Greek word meaning "water" however, the word is a "combining form" which means it combines to form other compound words. And, for our purposes, it combines with the suffix "-ate" which is an action.

A simple visit to [dictionary.com](https://www.dictionary.com) reveals something interesting. The compound word "hydrate" means "to combine chemically with water." The operative word being "combine," this begs the question "with what?"

And, so starts our investigation of this mystery we didn't even know existed.

Clearly hydration is more than just water.

And, so, it is.

Yet we miss it for lack of such understanding.

Perhaps it would be better if we considered it as follows:

If hydration was a “water-intake” function, the body itself would be a reserve water tank. As it uses the water, the tank empties just as does the fuel supply of a car as it runs.

Yet, when you arrive at the emergency room and show any sign of being dehydrated, what do they give you? They administer an IV drip from a bag of solution (meaning a mixture of two or more substances) which *includes* water, but also contains “saline” (salty) solution.

And, though it will be covered in a subsequent chapter, let it be noted here that when it comes to medical professionals trying to hydrate you, they use a salt compound and water and not any “sports drink” despite the hype that these are the ultimate in hydration.

In fact, these “hydrating” beverages actually often end up dehydrating you, a classic backfire and colossal fail. But, more on that later.

Clearly if they were the top hydration method, they’d be considered in addressing dehydration!

Yes, there is much more to hydration than water, and it was, all along, right there, under our noses, in the very definition of the word “hydrate.”

Are our faces red or what?

Now, while on the subject of sports drinks, there is another buzzword you may have heard floating around, nearly ad nauseum: **electrolytes**

None of us seem to know what they are, but all of us tend to believe they are something we need, maybe even vitally. We know they have something to do with getting hydrated, but it ends there with an association with yellow sports drinks purportedly loaded with them.

More definitions are in order.

Electrolyte is a bit more complex and requires more than a definition of the word. Also a compound word “electro-” is a prefix meaning “having to do with electricity,” while “lyte” means “something which is subjected to a process.”

Indeed, there is a process.

Electrolytes do undergo a process. Starting out as a compound of key vital minerals (sodium, potassium, magnesium, calcium, chloride, carbonate, etc), when ingested, this compound

“dissociates” (breaks apart into its constituent parts) within the body fluid into particles which can conduct electricity.

This is interesting for several reasons, the first of which is that, though the body is largely made up of water (which is a brilliant conductor of electricity) it contains lots of electrical energy which it uses in arguably the most vital of its main communication systems: **the nervous system**

Additionally, this electrical energy is a leading force in creating fluid balance within the body.

So, as is plain to see, fluid balance within the body requires much more than water. A compound in and of itself, its two elements must be joined by others in the electrolyte compound. This is not very surprising when you consider the utter miracle that takes place in the harmony of the various body systems working intricately together.

Yes, you need fluids. Your body requires a certain amount and regularity in obtaining them.

Yes, you can be deficient in water. But you can “overdose” on water too which, in an ironic plot twist, fits the very recipe for things that dehydrate you but good.

Now that we know how hydration works, let’s explore and discuss the ramifications of getting it wrong and what the

consequences of that are including the moment you have been awaiting: **the list of symptoms of dehydration!**

# What is Dehydration?

(You may want to sit down. This may take a while...)

You hear people say it frequently: “I’m so dehydrated!”

For a subject about which people are largely in the dark, people certainly seem to know when it’s occurring, yet they continue blindly carrying on the very habits that are creating it while adopting others to abate the condition which may actually be exacerbating it instead.

All the while thinking they are doing good for their bodies.

Having tackled hydration, however, it is easy to understand how what would constitute dehydration and, perhaps, even predict what types of activities, behaviors, environmental factors and body conditions would tend to promote a dehydrated condition.

Remember, hydration is not just an activity of drinking water. It also involves ingestion of electrolyte minerals, best through diet but, where insufficient, proper supplementation.

A primary approach to this problem, however, has little to do with the physical aspects and more to do with a state of self-

awareness and being mentally focused on solutions and not “distractions.”

For such “distractions” are literally everywhere.

What distracts you from your target of proper hydration?

While there are a multitude of environmental, body and habitual factors, the ideas being put forth about the subject abound, are confusing, contradicting and downright hard sell! And, many proffered “solutions” are sold every day, amounting to billions of dollars.

As a matter of fact, for the span between 2013 and 2018, the annual revenues of sports drink sales topped 9 billion dollars! That’s BILLION, with a capital “B”!

But the operative letter behind the distraction is the little morsel of truth buried in the fallacy of the beverage industry. This is not to yell “conspiracy” but rather to point out what actually happens.

In point of fact, the “E” word is at play here.

And that word is: **electrolytes**

Only it’s not in the context of hydration. In fact, it is quite the opposite.

When you heard mention of the word “electrolytes” in the previous section, you likely thought to yourself, “Well, of course I know that. Everyone knows you need electrolytes!”

But what is it you really “already knew” to be true and how did you come by the information?

The first thing you should understand in your journey toward self-awareness and getting in the know on how to hydrate is that, not only is marketing persuasive (not informative), but that adding electrolytes to just any beverage does not hydrate. As a matter of fact, it would do just the opposite.

Brilliant plan if you want repeat sales of the drink. Lousy plan if you’re trying to give your body what it needs, naturally, and without dependency on any best-marketed beverages.

While we will discuss it a little later, alcohol is fairly-known to be a culprit of dehydration. Think about it. If you added electrolytes to an alcoholic beverage, would it really hydrate you, knowing what you know about it now?

Hydration being a balance of water and electrolyte minerals, and alcohol tending to deplete this compound requirement, it’s a no-brainer and an absurd, if humorous, example.

But such hyperbole really drives home the point: **adding electrolytes to just anything does not guarantee hydration.** So, self-awareness, prior to physical handling, is essential.

Self-awareness, knowledge of body function and hydration, coupled with a keen sense of what has gone wrong are, collectively, the formula to get you hydrated.

As a final word on marketing, it is so prominent in the society, permeating not just television anymore, but the very social feeds you scroll through endlessly every day, it is easy to mistake such persuasive speak for informative and useful fact.

But one guiding factor prevails that will help you navigate it. If you understand that persuasive speak (such as marketing, promotion or public relations) is geared toward using only the facts that will sway your decisions toward a certain end, and informative speak gives all of the facts leading you to your own conclusion, you will be able to escape slick marketing in favor of true understanding.

Only then can you look at all the best-advertised products and decipher the beneficial from the useless, harmful and even dangerous.

Dehydration has very specific, if numerous, manifestations in practically infinite combinations. They can be very confusing and misdirecting, leading you to conclude the worst about your state of health and end up on an endless tirade to find solutions to each symptom.

But such symptoms are (in a slightly twisted way of thinking) beneficial to a small degree.



This isn't crazy talk. These symptoms are the body's way of "talking to you." While remedying them will give you more comfort (perhaps), it is far more crucial to understand them and trace them back to their original source.

## **Dehydration Symptoms (finally!)**

As promised early on (with perhaps a little spoiler), here is a brief list of the most common symptoms resulting from, but seldom associated with dehydration:

- Fuzzy thinking
- Blood pressure issues
- Nausea
- Excessive sweating
- Headache or migraine
- Light-headedness
- Cold, clammy skin
- Flu-like symptoms
- Sinus issues
- Allergy symptoms
- Metabolism issues
- Sore throat
- Aggravated asthma or respiration
- Sneezing
- Excessive urination
- Extreme thirst
- Constipation

- Loss of appetite
- Diarrhea
- Racing heart
- Increased body temperature
- Dark-colored urine
- Dry skin
- Dry mouth
- Tingling in limbs

Some of these may surprise you.

Further severe symptoms require medical attention including confusion, dimmed vision, unconsciousness, difficulty breathing, chest or abdominal pain, seizures, muscle spasms, painful urination and others.

Seek medical attention where severe and never take it upon yourself to resolve anything more than a minor symptom. Even minor symptoms can be worse than they seem!

### **What Dehydrates You?**

As you gain a better understanding and heighten your self-awareness, grasp body function basics and fundamentals, you can predict what factors will contribute to dehydration.

The response to the question “what dehydrates you?” is a compound answer. There are numerous things that accomplish this, but they are in different categories.

Some are things you ingest. Others are things you are not ingesting but should because of poor dietary habits. Some are what you are ingesting which, themselves, are deficient in what they are supposed to supply you (leading you to believe you are getting them when you're not!). And, still others are environmental factors.

And to tie it all together, a large majority are simply your personal habits which are combinations of the above categories. So many combinations already, and we haven't even begun to list the numerous things of which each one consists!

Are you starting to get the idea of the magnitude of the constituent parts of the dehydration issues and why it is such a puzzling dilemma?

Let's start with the more obvious ones, things everyone seems to know dehydrate you.

Sweating or activities which cause you to sweat are atop the "everybody knows" list. Exercise, high temperatures, sauna, hot tub, tropical climates, desert, hot yoga and spending even moderate amounts of time in the hot sun.

If you have ever tasted your own sweat, you may have noticed it tastes salty. This is the minerals escaping the body via the sweat in its attempt to cool down the body. Without the minerals, however, the cooldown is hindered.

In the winter months, heating is an issue as well. Taking moderate to severe measures to keep warm can cause dehydration with symptoms mimicking the “winter illness” type of symptoms. Yes, sometimes cold-like and similar symptoms can be signaling base dehydration.

While we’re on the subject of temperature, you may not realize dehydration can occur in the coldest of temps. This is especially prominent in summer months and in tropical climates, where air conditioning is found everywhere you go including your own home.

But it is not the cool temperature which makes dehydration imminent. It is the dehumidifying action of air conditioning. Humidity is removed from the room and one of the foremost sources of moisture (water) is YOU!

As you can imagine, air conditioning is one of the most insidious causes. On the surface it seems you’re cooling down the body, but as for what actually happens, dehydration happens in fact.

This, however, covers water and mineral depletion from merely one angle. There are others.

In the same way one would not expect air conditioning to be a leading culprit, just as surreptitious a cause is water itself. Drinking an excess of water, as a matter of fact, is one of the leading causes of dehydration and is very near the top of the lengthy list!

Seemingly illogical, it starts to make some sense analogously in terms of flood waters.

When a town or city gets flooded in a storm, tidal waters wash through the city and wash everything away.

When the waters recede, the damage is clear. So much has been washed away and destroyed, wasted and unusable.

The body behaves in a similar way.

Just as when you sweat, you lose minerals, so do you wash them away via urination when you drink an excess of water.

Drinking water is a much more precision activity than meets the eye. But drinking can become confused by the plethora of beverages available to drink, a variety that is more intricately-wired than the best-laid booby traps.

Let's start with the obvious: **alcohol**.

But the list continues from there:

- Alcohol, Drugs, Medications, Poisons
- Sugary drinks, **sports drinks** (they tend to contain sugar!)
- Sugar, carbs and processed foods
- Anything that depletes or burns minerals
- Minerally deficient diet or foods themselves
- Mineral deficient water

- Heat or cold, air conditioning, heating
- Many others too numerous to list...

So, now we understand how the body works, how it hydrates and gets the minerals it needs as well as what can go wrong and how we can even be the cause of it.

Now let's take a look at how to achieve proper hydration, the best way to maintain it and to restore it when needed...

# How to Achieve Proper Hydration

(A word from not just the CEO, but an experienced hydration nerd!)

Yes, I am a bit of a mineral nerd in the truest sense, especially when it comes to hydration.

But it is not just an obsession or something fun, though the best of fun has been had getting so many people re-hydrated and maintaining wellness all these years.

With all this talk about how the body works and what hydration actually is, however, it becomes a much simpler subject for all if only the knowledge I have can be known.

As covered earlier, if you understand the mechanics of a working machine, you will be able to observe obstructions to basic function.

In other words, you will more likely know what the exact problem is when it breaks down.

And, by now, it is certain you have a good handle on what actions you may need to take to hydrate, to say nothing of the things you now realize were dehydrating you in the first place!

It is, however, a bit of a complexity when it comes to generalities in terms of what to do. “Take salt” or “get electrolytes” and “drink more water” are some of the most common advices heard. But, within those, it’s words like “more” or even “salt” and “electrolytes” that are either relative or too general and leave one wondering which types and how much?

A bit about my background may shed some light on this.

I have been a detox specialist for nearly 30 years, but it was in the last decade that I really came to understand dehydration, directly and from experience with actual, bona fide, dehydrated people, their symptoms to the “contrary” notwithstanding.

For years the symptoms observed were a bit of a smoke screen, throwing me off-track and onto other investigations which, though yielded fruit, were not nearly all-embracing. There yet were cases which were a bit of a conundrum.

Don’t get me wrong, the results were tremendous in terms of mineral deficiency and supplementation, it’s just there was an element missing in each of the cases I observed.

I practice something called “**Applied Kinesiology**” which is essentially a process where you “check” the body for a balance of energy flows and are able to trace blockages to them which are responsible for malfunction and a wide, near-endless variety of conditions and symptoms.



With AK, you are able to test for and locate various weaknesses of function and flow as well as determine what elements are causing it and which ones will restore it. Found issues will literally make simple arm muscle resistance weak and restore its strength when tested adding a remedy simply held to the body. Sounding a little mystical, it may seem so when you experience it, evidenced by the surprised look on people's faces, almost one-for-one, when first tested and their strong arm goes weak instantly.

Based on Chinese medicine, however, there is basic science at work in terms of nerve energy flow. This is the premise behind how Acupuncture works, a process of taking a very fine (almost undetectable) needle and inserting at a spot to "stimulate" energy flow along a nerve channel.

The point here is not to sell you on AK or Acupuncture or suggest you go out and pursue either.

It is more to explain that, over the thousands of cases I have seen over a 30-year period, I have made observations of many common threads that weave throughout the vast and varied symptoms people experience, relating even the seemingly unrelated ones.

Out of all the points which can be tested using AK, there is one specific one found to indicate dehydration, not lack of water, but full-on, true-to-definition mineral electrolyte deficiency.

I have found this time and again with a surprising set of symptoms which would never be suspected as those of dehydration!

But that wasn't the most shocking discovery...

The most stunning reality is:

WATER INTAKE ITSELF IS ONE OF THE MOST COMMON CAUSES  
OF DEHYDRATION

That's right! I have seen it too many times to say otherwise.

As discussed earlier, it is a bit like the flood waters that wash everything away, leaving destruction and deterioration in their wake.

But what was it washing away?

It was minerals. And there were very key minerals which were the crux of the problem.

Water isn't the only cause but is a most common one among those who consider "getting hydrated" with "drinking a lot of fluids" as they may have heard from their mom or doctor all the years without further explanation of what that really means.

Minerals are also lost via sweating and are even destroyed or "used up" by toxins such as alcohol, environmental chemicals

and even most medications which are essentially, as far as the body and its natural elements are concerned, poisons themselves by definition, despite their usefulness. Again, this is no campaign against medicine, a necessary tool for intervention. The point is just that, when we need to intervene there are consequences which must also be addressed.

It's kind of like when you take an anti-biotic to kill an infection but, in the process, kill your gut bacteria you need for digestion. Both must be addressed in such a situation to restore total wellness to the body.

But theories are only as good as they are put to empirical test. And that has been my most profitable experience with AK, especially when it comes to the water issue.

When I tested a majority of people while holding a container of the water they commonly drink, their previously-strong muscle resistance goes momentarily weak.

### **The Found Solution - This Recipe Needs 'Salt'**

Here is another generality returning and, lest we take the wrong measures, let me clarify a bit.

When I said I was a bit of a "mineral nerd", I really meant that I am more of a "salt nerd" than anything else. And when I say salt, I need to make it perfectly clear that I don't mean the white stuff you see on the table at the restaurant.

This needs to be emphasized here as it is the most vital point and whose confusion is responsible for not only a majority of dehydration cases, but for many other health issues as well, even including high blood pressure and the like.

In fact, if you have been told to cut down on salt by your doctor because of high blood pressure, you are talking about something specific, a product which actually causes it: **iodized table salt**.

The doctor is right to caution about this product. It is an absolute villain, but the true villainy is in its taking the name “salt” in the first place. It is by no means worthy of its namesake and, if the word “salt” must be used, would be more-accurately-named “salt extract” as it represents an estimated less than 3% of what comprises real salt.

This begs an important question: **What IS salt anyway and why do we need it?**

To say salt is a mineral is the first mistake. It is a conglomerate of minerals and, in real salt, there are dozens of minerals present. It is a compound of these minerals.

Known commonly to come from sea water, among other places, it has been regarded a vital factor in our survival by our earliest ancestors. As a matter of fact, it was a form of currency at one point in its history.

In fact, when you are paid a salary from your job, know that the very word is derived from the 14<sup>th</sup> century from a Latin word meaning “salt money” indicating people were at one time paid in whole or part in provisions of salt.

But these ancestors predated out modern machine age by centuries, certainly well before anyone had the idea to refine salt.

Once again, this is no rally against doctors’ orders and certainly adhere to cautions by your doctor. Just understand there is more to “drink more fluids” or “cut down on salt” than what you think. And you may be creating other deficiencies in the process which need to be located and addressed, again, under supervision or at least coordination with a doctor.

With all that in mind, I must tell you that I have tested many people with their brand of water and had their reflex go weak, but then give them a portion of real salt to hold along with the water and the strength of that reflex returned, indicating they were deficient in those minerals.

These same people would test weak with table salt, a finding in accordance with doctor’s orders to avoid it (which may be harder to do than you may think as that “salt extract” is found in so many processed and pre-prepared foods in large doses!).

As a final word on table salt, it has been industrially and mechanically refined as well as bleached, taking away all of its

nutritional value and relegated to a “flavor enhancer” with dire health consequences. In my book and, pretty much by definition, that is poison and I wouldn’t give it to anyone!

So, **do not ignore your doctor**, but do not ignore what real salt is. For I have even seen people’s blood pressure calm down as a result of making a simple mineral change such as this.

The most complete salt I have found through experience is pure, Pink Himalayan Sea Salt which has a complete supply of minerals in it, including electrolyte minerals.

## **Electrolyte Minerals**

These are not just an “active ingredient” in sports drinks you buy at the store. This is a group of vital minerals your body needs for basic function. All dehydration amounts to is a deficiency of any of these minerals (and water) which debars the body from functioning.

What are the electrolyte minerals? They comprise a group of key minerals: Calcium, Magnesium, Sodium, Potassium, Phosphate, Chloride and Bicarbonate.

Four of those stand out as most common and of them two could be considered most vital to life. Sodium, potassium, calcium and magnesium are the highlighted ones, but calcium and magnesium can be considered the real heroes.

Responsible for over 300 body functions in and of itself, magnesium alone can be a veritable superhero of the body. From relaxation to sleep cycles and even blood pressure and blood sugar levels, this mineral is a kingpin for sure. But it is nothing without its “partner” mineral calcium which it needs to be activated. The two work in tandem.

Getting all electrolyte minerals in sufficient supply is the keynote and their deficiency must urgently be addressed, especially where moderate to severe symptoms exist, also during which medical intervention may be needed.

Even with medical intervention however, this issue must be addressed in addition to emergency treatment to build real, lasting wellness and to mitigate any recurrences in the future. Medicine and wellness are not mutually exclusive and can be tandemly effective!

The bottom line is that you can control your hydration and lead a wellness life.

With proper hydration, by definition and to the letter, this can indeed be your lot and that of your loved ones too!

# Getting Hydrated Once and For All, Don't Ignore Your Doctor,...

(but don't ignore your own knowledge and self-awareness!)

This is no manifesto against medical attention and treatment. Modern medicine is a valuable part of society no matter what holistic health professionals or enthusiasts seem to think about it and post online.

This does not mean wellness enthusiasts are entirely wrong either. It just means that to someone out of context, it may seem that medicine has no value. But any holistic wellness practitioner knows that medicine does play a vital role in emergency intervention and is required, often, but is only required because of a lack of attention by the individual to their own wellness, all for of lack of knowledge on the subject.

This is the classic “if-it-ain't-broke-don't-fix-it” scenario.

Because of lowered self-awareness in our society about how our bodies function, we tend to get it wrong much of the time and require medical intervention, which, fortunately, is abundantly available to us at this time.

While there is much controversy at this time between schools of thought, raised self-awareness and knowledge of how a working body functions and what it requires can do you well to rise



above debate, conjecture and controversy and restore good judgement to you.

After all, between you and any practitioner (myself included) YOU are the one who lives in the body you have and are the most equipped to understand it.

There is one last complexity to this situation but is in itself a simplicity. The simplicity is that every single human body is different. Though they all have the same basic equipment, function and make-up, their experiences, breakdowns, malfunctions, nutritional support, environments, etc., give them a uniqueness which cannot be ignored when it comes to addressing them.

Your diet, your habits, your injuries and experiences, all of them are yours and yours alone.

This means your combination does not fit in to some cookie-cutter mold. Because one person was dehydrated because of too much water does not mean everyone is. Taking a small dosage of Himalayan Sea Salt with water may handle hydration for one person but not for everyone. Someone may even need medical attention.

Nonetheless, each case is unique and must be addressed that way.

Take comfort, however, in that there are a ton of common threads running throughout, but mostly in the fact that if you understand how your body functions you will understand what it needs, what to give it and what it is lacking when it isn't working properly.

You probably began reading this manual in the hopes of getting a step-by-step, here-is-how-I-do-it method of hydrating or handling dehydration.

That is the last thing I would give you. That is what has been done by every sports drink manufacturer out there, purveyors of drinks containing so much sugar that they dehydrate you. Wonderful for consumable, repeat business but terrible for body function!

No, what I feel I have given you is a raising of your self-awareness and knowledge of how your body works and what its basic requirements are. If you think about what you have learned here, you probably had a moment or two where you had a realization about yourself. It is THAT which is the most valuable gift I can give you.

What I can also give you is my guarantee of an open door. In my company I have always maintained a CEO's open-door policy and still do, to this day.

I routinely communicate with my customers who use my product and even those who simply inquire whether they use it

or not. My purpose overall is to help make a better, calmer world, not to sell supplements. My supplements I have manufactured and made available help me achieve this end. But that end is my entire focus and I will do anything required to do it!

Therefore, I would like to offer to you to reach out to me directly. My personal email is:

[desiree@calmag-c.com](mailto:desiree@calmag-c.com)

You may email me at any time, especially if you would like any advice on your situation. I can certainly help you figure out your next step even if it is to see a practitioner.

My recommendations always have your best interest at heart. It is always my pleasure to help!

As for the minerals, let me know directly if you would like any advice on use of Pink Himalayan Sea Salt in conjunction with your water intake and even advice on different waters. Perhaps even a trip to someone who does Applied Kinesiology could help determine these things.

One thing I am sure of, I have helped thousands of people with the most common deficiency I have ever seen and the entire reason I started this company: **calcium and magnesium**

My commitment and dedication to fulfilling this deficiency instantly led me to the laboratory and then to the pantry shelves of those I have helped with Instant CalMag-C.

I invite you to try it. It is a instantly-prepared supplement drink which combines these tandem minerals in the exact way the body needs them for instant absorption and immediate utilization. The results when deficient in these minerals can and has been astounding for many who have reported results as instant as the process to prepare the drink.

And these are two of the common electrolyte deficiencies involved with dehydration!

If you would like to know more about the product, I invite you to read the many articles written on my website at [CalMag-C.com](http://CalMag-C.com)

Above all, don't be shy about reaching out to me directly. I pride myself on responding and helping any way I can.

A calmer, saner world starts with a healthy and wellness-based one, one which is self-aware and knowledgeable about body function and that provides the body with its basic needs, HYDRATION being the kingpin of said needs.

And all that begins with YOURS. I am here to help you!

From there all things are possible and it is my gift to the world to do my part in making that a reality. It involves you too, so please

let me know how I can help you achieve your optimum state of wellness.

I am always here to help!!!

Best,  
Desiree Lotz, CEO  
Sunshine Vitamins