



Top 5 Tips To Stay Hydrated And Help Your Child Enjoy Water

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Here we'll explore why hydration is key during detox and share creative ways to help you and your kids drink more water.

Water plays a critical role in detoxification, helping the body flush out toxins, support organ function, and maintain overall health. Whether you're undergoing a cleanse, recovering from illness, or simply trying to rid your body of built-up toxins, proper hydration is essential. But getting enough water isn't just important for adults—children also need to stay hydrated, and sometimes, getting them to drink enough can be a challenge.

Remember, we're talking about water, not juice or sugary, chemical laden, food dye filled drinks that pretend to be healthy and are often labeled as 'sports' drinks, nor are most effectively offering quality electrolytes.

Why Hydration is Essential During Detoxification

When your body is in detox mode—whether naturally or as part of a structured cleanse—it needs extra water to:

1. Flush Out Toxins

Your liver and kidneys are the primary detox organs, filtering out harmful substances from your body. Drinking enough water ensures these organs function properly and that toxins are effectively removed through sweat, urine, and bowel movements.

2. Prevent Dehydration & Fatigue

During detox, your body works hard to eliminate waste, which can lead to fluid loss. If you're not drinking enough water, you may feel tired, sluggish, or experience headaches. Proper hydration keeps your energy levels up and reduces the risk of detox-related fatigue.

3. Support Digestion & Bowel Movements

Many detox symptoms include bloating, constipation, or digestive discomfort. Water helps move waste through the intestines, preventing toxin buildup and improving digestion.

4. Maintain Electrolyte Balance

As toxins leave the body, they can take essential minerals (electrolytes) with them. Drinking water along with electrolyte-rich beverages like coconut water or adding a pinch of sea salt to your water can help replenish lost minerals.

[QUINTON trace minerals](#) (found on its own page in module 1) contain all of the electrolytes of the Periodic Table of the elements - all 78 of them. The human body does not make these trace minerals, yet must have them for transmitting nerve impulses, muscle contraction, blood sugar regulation, nail, hair, skin and bone health, electrolyte balance, hydration and energy production.

Scientists tell us there are 16 minerals that are necessary for survival, but we need 78 to thrive. Quinton contains all 78.

Read more about the specifics of Quinton minerals in [podcast episode #93](#). Adding this into your daily regimen can be very beneficial. It offers your body the trace minerals it needs but also helps get water into the cells to assist detoxification. Begin with half a vial the first day, then if all is well with no detox symptoms, then take one one vial daily.

5. Improve Skin & Organ Health

Hydration supports your skin by keeping it clear and reducing inflammation, a common symptom during detox. It also helps your body regulate temperature and keep all organs functioning optimally.

How Much Water Should You Drink?

Most people drink about a half of a glass of water and then go hours before drinking anymore. It is critical to drink water throughout the day to stay well-hydrated, so I'll break down the optimal water intake for both adults and children and provide practical tips to stay hydrated throughout the day.

It is essential to have a [quality water filter](#) that removes toxic agents from your water supply. Tap water is simply not safe to drink without one.

Hydration is essential for overall health, but how much water should you drink **per hour**? The answer depends on factors like age, body weight, activity level, and climate.

Children require less water than adults but still need to stay hydrated consistently, especially during detoxification. Additionally, children who are more active, playing sports, or in hot weather may need more—closer to 4-6 ounces per hour.

Hydration by Body Weight

The general recommendation for daily water intake is about half your body weight in ounces. However, when looking at **hourly intake**, a more personalized way to measure water intake is by body weight:

- Adults & Older Children: Aim for half your body weight (in pounds) in ounces per day.
- Example: A 160-pound person should drink around 80 ounces daily (or about 10 ounces per hour over an 8-hour day).
- Younger Children: About 1-1.5 ounces of water per pound of body weight per day.
- Example: A 40-pound child should drink 40-60 ounces daily, or around 3-4 ounces per hour.

Does This Mean 3-4 Ounces Every 30 Minutes?

Yes, for adults, drinking 3-4 ounces every 30 minutes (or 6-8 ounces per hour) is a great way to stay hydrated. Three to four big gulps of water can do it.

For children, the amount is slightly less, depending on age and weight, but generally 2-4 ounces per hour is a safe range.

5 Tips To Staying Well-Hydrated and Making Water Taste Better

1. Flavor Your Water – Add lemon, berries, or mint to make hydration more enjoyable. Teas are a good way to help keep your child hydrated because they are flavorful along with the benefits of various herbal properties.

Do not use artificial sweeteners. Many of them such as aspartame and sucralose are chemicals that harm the gut and brain. There are, however, two natural sweeteners that are safe to eat, will not feed the pathogenic bacteria in the body, and they will not affect blood sugar levels. These two are monkfruit and stevia.

For example, ginger and [peppermint](#) are good for digestion. [Chamomile tea](#) is very calming.

Organic [lemon ginger rooibos tea](#). Among other benefits, lemon is good for the liver and ginger is good for digestion.

Rooibos teas (pronounced roy-bos) are naturally caffeine-free, packed with antioxidants, and they have anti-inflammatory properties. Always purchase organic teas since most tea grown is sprayed with pesticides if it's not organic. Some [organic rooibos teas](#) come in different flavors. There are many on the market.

There is a nice [liquid monkfruit sweetener](#) that only needs a drop or two to do the job.

Stevia is the other one that is safe. Always be sure it is a natural product that does not contain added fillers that are bad such as dextrose or maltodextrin.

There are some [liquid stevia products](#) that have zero sugars and come in different flavors such root beer, vanilla, grape, cinnamon, berry, orange, and cola, or you can get the plain stevia sweetener.

2. Use a Reusable Water Bottle – Find one with measurement markers to track your intake.

A stainless steel or glass water bottle is best. Never use plastic. I do not even suggest plastic that says BPA free. Not only is plastic horrible for the environment, but when plastic gets hot it releases chemicals into the beverage it's holding. Any beverage inside that contains acids such as citric acid from oranges, or lemons, or tomatoes will also leach the plastic out.

3. Set Reminders – Use phone alarms to remind yourself to sip water.

4. Follow the “Pee Test” – Your urine should be light yellow. Darker urine means you need more water.

5. Eat Hydrating Foods – Fruits and vegetables like cucumbers, watermelon, and oranges help boost hydration, but don't over-do fruit on a candida diet or when watching your blood sugar.

Staying hydrated isn't complicated, but small, frequent sips throughout the day make a big difference. Whether you're an adult or a child, drinking 3-4 ounces of water every 30 minutes (or adjusting by body weight) can help you maintain energy, focus, and overall well-being.

More About Electrolytes

Detailed breakdown of Quinton minerals as electrolytes from world-renowned water expert, Robert Slovak:

This subject is elusive even to most of those in the health and medical sector.

Here are some of the facts that address the facts and clear up the misconceptions.

First, realize that QUINTON's 78 minerals and trace elements ARE electrolytes because they are dissolved in water.

Some background...

1. The **Periodic Table of the Elements** (it's good to have a colorful chart of the elements) consists of *foundational* solid, liquid and gaseous substances referred to as "elements". There are 94 Natural Elements (and more than 10 short-lived synthetic ones). The 94 Natural Elements make up ALL physical matter (inanimate and living) in the Universe.

2. From a nutritional perspective, the solid and liquid elements can be divided into "Minerals" and "Trace Elements".

Those elements that chemically dissolve in water *become* ELECTROLYTES because the water makes them electrically charged (positive and negative).

3. During Evolution in the Primordial Ocean the animal species (including humans) inherited their body fluids and electrolytes. The oceans contain *nearly* all the 78 minerals and trace elements of the Periodic Table of the Elements as electrolytes. A small number of elements do not dissolve in water so they do not form charged electrolytes.

4. So, the proportions of electrolytes in the body fluids are the same as they are in the ocean. They're just diluted. The ocean is Hypertonic and our body fluids are Isotonic (aka Saline IV solution).

5. The *primary* electrolytes in the body are:

- Sodium
- Potassium
- Magnesium
- Calcium
- Chloride
- Phosphate

6. So to conclude the answer to your question. QUINTON Hypertonic and Isotonic contain all of the electrolytes of the Periodic Table of the elements - all 78 of them. Hypertonic has the same concentration (33,000 ppm) of electrolytes as the ocean and...

Isotonic has the same concentration (9,000 ppm) as our body fluids.

7. An individual only requires the additional electrolytes that are naturally supplied from a healthy diet (e.g., the 6 electrolytes shown above. These can also be obtained from additional QUINTON.