

# Optimized Health

## CAN I ONLY DRINK WATER?

Let's discuss beverage options in this course. You might be wondering 'Is Water the ONLY drink option available in this program?'

The short answer is yes and no. Previous clients have found that drinking lots of water helped them with detoxification and flushing out bad bacteria and parasites out of their digestive systems. So, yes to lots of water. Research has also shown that there are certain drinks that do not support restoring and rebalancing the gut and inner ecosystem and digestion such as fruit juices (very high in sugar - yes, fructose is still a sugar), drinks with artificial sweeteners, alcohol etc as they feed bad bacteria and can aggravate/cause intestinal permeability (Leaky Gut).

Here is a Quick Summary of what is Allowed and NOT Allowed to Drink in this 8 week program:

### **Allowed:**

#### Spring/Filtered Water:

Research shows an average adult benefits from drinking at least 3 quarts to water per day.

#### Organic Green Tea\*:

Research shows that drinking green tea daily could change your entire biochemistry (1) as green tea is loaded with Flavonoids and other Polyphenols. The power of Green Tea comes in its antioxidant and Polyphenol content which is also highly beneficial in helping beneficial bacteria grow and thrive in the gut (2). Always buy green tea organic to avoid contamination with heavy metals \*Be sure to drink tea earlier in the day (before 3 pm) so as to not have caffeine affect your sleep.

Great brands: Mighty Leaf (Organic Green Tea Tropical)  
Numi Organic Tea (Jasmine Green)

### Digestion Teas: (Caffeine Free):

Herbs can be a powerful tools in helping aid in repairing, restoring and rebalancing the gut and inner ecosystem.

### Great brands:

Tea Haven: Organic Slippery Elm, Organic Marshmallow Leaf, Organic Clove

Traditional Medicinals: Gas Relief, Belly Comfort

Yogi: Stomach Ease, Relaxed Mind

### Fun Drinks:

### **Hot Chocolate:**

<https://jacobthurston.com/wp-content/uploads/2020/11/Gut-Friendly-Hot-Chocolate.pdf>

### **Golden Milk:**

<https://jacobthurston.com/wp-content/uploads/2020/11/Warming-Golden-Milk-.pdf>

### **NOT ALLOWED:**

Everything Else (coffee, fruit juices, drinks sweetened w/ artificial sweeteners, alcohol etc.) (3) Remember, this course is only 8 weeks. :)

### References:

- (1) <https://www.tandfonline.com/doi/abs/10.3109/08910609009140256>
- (2) <https://www.sciencedirect.com/science/article/pii/S0955286313000946>
- (3) <https://vitalguthealth.com/alcohol-and-your-gut-why-it-matters/>