

Diana Stobo's

The Water Weight Loss System

**3 Ways To Drink Yourself To
A Thinner, Younger, More
Beautiful And Energetic You**



I promise to always bring you my best knowledge and most loving guidance so you can feel empowered to live with health, vibrance and beauty every single day!

Diana Stobo



EATING FOR HEALTH, VIBRANCE AND BEAUTY

1. Who is Diana Stobo?

Diana is a raw-food and juicing expert, weight-loss specialist, holistic health practitioner, and mind-body nutritionist.

She is living proof that transitioning to a healthful diet can help you lose weight, gain energy, heal your body, and look younger and more vibrant. As a 50-year-old mother of 3, Diana looks and feels better than ever before. Diana is living proof that eating LIVE brings you a life of health, vibrance, and beauty.

2. What exactly is Diana Stobo's "WATER WEIGHT-LOSS SYSTEM"?

It is a downloadable ebook that explains the importance of water, best types of water, and recipes to make your water more nourishing and delicious.

3. How will it help me?

By following the tips in this guide, you will be more hydrated, your skin will look more supple, your digestion will work better, and you will have more energy.

4. How do I know if it's right for me?

If you are in general good health and want to look and feel your best, this guide is right for you.

The information in this eBook is true and complete to the best of the author's knowledge. All recommendations are made without guarantee on the part of the author.

The author disclaims any liability in connection with the use of this information. Individuals with serious health problems or conditions should consult a physician before following the advice contained herein. The contents of this book are not intended to take the place of professional medical advice and treatment, if needed. The author does not dispense medical advice herein.

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Introduction

Did you ever notice how the more you drink, the thirstier you get? Why would that be? If you're hydrating on a constant basis, wouldn't you think you would be satisfied?

Well, the average body is severely dehydrated. Our body is made up of anywhere between 60% and 80% water and we need at least that percentage of water in our daily food intake in order to maintain a balance. Very simply, the average American (human, for that matter) does not consume enough liquid in his or her daily routine. Drinking fresh water and eating fresh hydrating produce should be a goal in your path to health, vibrance, and beauty.



Image source: alisdignmania.com



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Step 1 — Choose the Best Water

When we talk about drinking water, it's hard to know what type of water is best. People get confused, and I don't blame them. The information is confusing because there are so many opinions on the best water sources. Who's to say what is right or wrong?

While I'm still trying to decide what is the best source for me, I can share with you what I have learned in my experimentation and trust that you will do your own diligence in deciding what is right for you.

Types of drinking water

Let's start with good old-fashioned **tap water**. Many "old school" thinkers ask, "What's wrong with tap water?" They insist that they used to drink out of the garden hose as a child and they lived to tell about it. And they are right.

The water we drank as children was much cleaner than it is today. The garden-hose-drinking generation is around 40-50 years old right now, and as we have progressed in modern technology, a lot of our natural resources have taken the brunt of our growth. Our water systems have been neglected as we have spent energy building on our future. Most cities' water mains are corroded and lined with heavy metals like mercury and lead that flow into our tap water and get into our bloodstream. Pollution, parasites, and bacteria are also present in the cities' water systems. To supplement and help keep old and decaying public water systems reconciled, we started adding chlorine and fluoride to our tap water. Neither of these two elements is good for our bodies; in fact they can both be toxic when consumed.

I am just tapping lightly on the tap water (no pun intended) as there are variables and differences depending on location and such, but it is important to note that life changes and so must we.

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Well water is a great source of highly mineralized spring water. And those who live in rural areas and have well water at their disposal may attest to drinking the best water on the planet. Why? Because well water comes from underground springs that have not been touched by environmental stresses and pollution. It is Earth's water delivered directly to your tap. I love the thought of that and would certainly welcome living in the country just for a refreshing drink.

Some well water can have a very distinct sulfuric smell, which is not something that we are used to in our normal water sources so it can be a bit disconcerting. But sulfur is a major element that is missing in our diets so well water is a welcome source that is hard to come by. Generally sulfur does not have a strong taste, and it is an excellent resource for strong nails, hair, and skin.

On the other hand, I must let you know that well water can also have its issues when it comes to contamination and bacteria. As with any water source, it is always advisable to monitor it.

Reverse osmosis and **bottled water** are what we are all thinking is the best way to go with our water choices these days. Filtering the tap water with reverse osmosis is certainly a great idea and I highly recommend it. However, let's just be aware that while we are filtering our water and ridding it of possible infectious strains, bacteria, and such, we are also robbing it of vital minerals. The process of stripping the water source can be a double-edged sword. Without minerals, the water's absorption is not at its maximum. So we may be drinking a lot of water and, yes, reverse osmosis tastes good, but we may need to add a little something to give our bodies the extra boost for added minerals and absorption.

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Alkaline water and **ionized water** are the latest and greatest craze toward obtaining optimal health. The idea is that you are reducing the negative energy in the water and highlighting the greatest possible vibration for your consumption.

Alkaline water is meant to bring optimal mineralization through a filtration system that delivers negative ions. Alkaline water is excellent for your body and can increase metabolism and hydration potential and all those things that it claims, but adding a pinch of Himalayan sea salt or a squeeze of lemon to your water can also provide some minerals and alkalizing effects.

Ionized water claims to provide the same kind of effect through energetic vibration, while shooting light waves into the water to increase its value. This has been tested and proven by many to be very detoxifying and purifying. I'm not sure I fully understand the way it works, but I do understand that "vibrational" healing is an energy source that is not tangible. For now, I am trusting that it is good.

Hydrating with food is another way to get alkalizing, mineral-rich water intake. Fresh fruits and vegetables are primarily 60% to 80% water. We can gain a lot of positive energy from fresh produce, especially when it's organic. Those who eat a high plant-based diet do not need as much water intake as those who eat an animal-based diet along with grains and such because the plant foods are immensely hydrating.

Even when eating a complete vegetarian diet, you do not get the same amount of water or minerals from cooked food as you do from fresh raw produce. Cooked food has been broken down and released of its fluids. It is important to drink more water before and after eating heavily prepared meals.



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Best sources of hydration

DRINK THIS (High quality)	DON'T DRINK THIS (Low quality)
Filtered water Coconut water Freshly juiced vegetables (Green Juice) Freshly juiced fruits Infused water Herbal tea Herbal iced tea Mineral water	Soda Store-bought fruit or vegetable juice Milk Store-bought coffee drink Energy drink Vitamin water, Gatorade Hot coffee Any drinks with added sugar



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Step 2 — Have Enough Water

We need water to thrive. Hydration is key to keeping the body fluid and in motion. There are ways to test your body to find out where your hydration point is. For example, you are hydrated when your body is urinating every 30 to 45 minutes. You are hydrated when your urine is clear and flowing freely. You are hydrated when your joints are more flexible and your energy is more abundant. You are hydrated when your skin looks moist even when you did not moisturize it with creams and lotions. You are hydrated when you pinch your skin and it quickly bounces back into shape.

When you are hydrated, your body craves more fluids. Salads, soups, and smoothies become extremely satisfying and desired. Your cravings for dry foods like breads, crackers, and cookies diminish and you find processed foods no longer satisfying. To keep the body machine moving and fuel efficient, you must keep the wheels lubricated.

You will find that hydration becomes something that you crave. It will enhance your energy, purify your skin, help you sleep better, and keep your metabolism rolling. So if you find yourself tinkling a little more than usual, don't be irritated — embrace the relief and movement.

Get electrolytes

Electrolytes are electromagnetic energy in fluids that is not easily found in tap water. You can re-energize your water with fresh-squeezed lemon juice because electrolytes occur naturally in citrus fruits. Adding Himalayan sea salt to water can also help boost the electrolyte field.

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Consume 1 gallon of water each day.

But you don't have to drink it all! Eating fruits and vegetables and drinking green juices and smoothies also contribute to your overall hydration.

Need help drinking more water? See step 3.

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Step 3 — Make Your Water Nourishing and Fun

Make your water

- Taste better.
- Provide vitamins and minerals.
- Boost your metabolism.

In one easy step.

Just add a little bit of juice or freshly chopped vegetables. See the simple recipes in this section. Or get creative and make strawberry mint water, mango parsley water, or any combination that excites your taste buds and ignites your metabolism.

Lemon Water

Pour a big glass of cold water, cut a lemon in half, and squeeze the juice into the water. It's a great way to start each day.

Cranberry Water

20 ounces of purified water with $\frac{1}{4}$ cup pure cranberry juice and 1 tablespoon liquid chlorophyll.



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Citrus-Fruit Water

Add some citrus to your water and speed up your fat-burning. Lemons, limes, and oranges are a great source of vitamin C, which helps transport fatty acids within cells and mobilizes them to be used as an energy source. This citrus-infused water goes directly into your system and burns fat on a cellular level.

Add 3–4 thin slices of lemon, lime, and/or orange to your large container of water. Sometimes I also like to add mint.

Cucumber Water

Flush out and purify your system by sipping glasses of cucumber water. Get your metabolism revved up with the natural diuretic effects of cucumber while boosting your potassium and vitamins A and C.

Add 6–8 slices of cucumber to a pitcher of water. Refill your glass throughout the day for a cool, refreshing drink.

Cayenne Pepper Water

Add a little spice to your life. Studies show that the capsaicin found in cayenne pepper can boost your metabolism shortly after ingesting it, which makes you feel fuller. Sprinkle some into your citrus water or cucumber water.

Add a dash (about 1/4 teaspoon) of cayenne pepper to your infused water and enjoy the spicy zip.

