

Tips to Stay Hydrated

By Martha Smith

Following a stroke, it is important to stay hydrated, especially if you are undergoing physical therapy. Luckily, there are easy ways to add more fluid to your diet.

1. Make water more interesting by adding fruit slices:

I'm not a huge plain water fan, but adding lemon or your favorite fruits and herbs to water makes the taste much more appealing and I find myself drinking a lot more water throughout the day! Also, I love water bottles like this one with a straw. I bring them around with me during the day and I find myself drinking a lot more water. Try out one of the five flavor combinations below, or keep it simple by just adding a lemon to change things up!

For full recipe instructions visit: https://www.theyummylife.com/Flavored_Water

A quick and simple trick that I love to do is to just add a lemon to my water!

2. Give Tea a Try:

As mentioned in the article "Are you drinking enough water?", tea is a great way to stay hydrated, and has numerous benefits, depending on the type of tea. One of my favorite brands of tea is Yogi. Their teas are crafted to improve a variety of things, and most are naturally flavored with stevia - a natural sweetener that is made from plants. This results in a sweet tasting tea with no added calories. My favorite types are the stress relief tea, positive energy, and immune support. If you have trouble falling asleep, Sleepytime tea is a great option before bed. If you are looking for something caffeinated, Black Tea is great. Black tea can also help lower your cholesterol and is a strong antioxidant. One of my favorite black teas is this Spiced Chai from Trader Joe's.

Spiced Chai Tea from Trader Joe's.

Some of my favorite Sleepytime varieties.

3. Hydrate and reduce inflammation with ginger water!

As mentioned in the article "Fighting Inflammation", consuming ginger can help reduce inflammation post-stroke. It can be added to a variety of meals, but my favorite way to use it is

in a drink. It can be drunk hot or put in the refrigerator and drunk cold (my preference). Here's how to do it:

1. Cut up ginger into small pieces
2. Add the ginger to a pot with about 3 cups of water (this depends on the amount of ginger you used- the less water you add, the stronger the tea will be, and the more water you add, the milder it will be.)
3. Bring the water to a boil and let the drink boil for another 20 minutes or so, until the color of the drink is a brownish yellow as shown below.
4. After the water has cooled, pour the water into a cup and either drink it while it's hot or put it in the refrigerator to cool it down. Enjoy the anti-inflammatory benefits!