Hydration for Menopause: Nature's Most Juicy Lifestage Transcript

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Introduction to Hydration and Gina Bria

Hi, everyone. Welcome back to Mastering the Menopause Transition Summit. I'm your host, doctor Sharon Stills. I'm all giddy today because I have one of my favorite people in the universe here to share with you.

I promised you I would be getting you all the awesome people to give you all the awesome information you need. And today is going to be just that. I have Gina Bria with me.

She's an anthropologist and founder of the Hydration Foundation. You know how obsessed I am with being hydrated. It's one of the leading causes of disease issues, is not being properly hydrated, drained.

And Gina is a leading resource for hydration, science and education. She was named a real world scholar. She produced the first international national hydration solutions solution Summit.

I'm so excited I can't talk and the TEDx talk How to Grow Water. It's not only blue, it's green. She is the coauthor of Quench Your five Day Plan to Optimal Hydration, which is now in seven languages.

It's recommended by The New York Times and by Oprah and NPR. She is just amazing. I could go on and on, but I'm going to bring her on and we are going to chat and get you all up to speed about what it means to be properly hydrated and to honor and acknowledge your self as a water being.

So welcome Gina. I'm thrilled you're here. Doctor stills, I cannot wait to bring this out of this world. Information on water and us as water beings, and what that means for every life cycle that we occupy.

So let's get going. Let's do it. So we all think of water. We've all heard since we're little girls drink eight ounces of water every day. That's the way to get hydrated.

And I have a feeling you're going to say something very different. So why don't we just start with the basics of what is water? What do you view as water and hydration?

Oh, great. Well, I'm coming to you from the perspective of an anthropologist. So that means we're going to have to do a little kind of background information, which I think is so important, to get to describe what water is and how it affects us at all of our life stages.

Water as More Than Liquid

And looking at women going biologically, going through their life cycle turns out to be an extremely valuable lens to layer on top of the topic of hydration.

But I began this journey into hydration because I was looking at desert communities around the globe, and the shocking research that came out of that for me was discovering that people in the desert don't hydrate with liquid.

They hydrate with foods. You so imagine that. So if I if you think cactus or aloe or even tubers under the ground, if we move our concept of water and where we get hydration just from liquid into, it's forms that nature provides for us, really, if, if I'm just going to do the shortcut statement to which is, a pie plant diet is is nature's water bottle for you.

You know, if you're eating a high plant diet, you're going to be far better hydrated than the kind of, tortured pathway that water has to travel to us to get to us today, which affects it in all sorts of ways, as we all intuit.

No. But yes. So on this. Yes, that we do, we have to drink water. Is it a combination of. I think it's I think a

combination is very important because animals obviously are still, drinking water.

But if you watch them for example, birds and migration, when they come in to a water area, they are not gulping, gulping, gulping. After flying all day.

They take a few sips to activate the foods and the berries that they've eaten along the way. So, these we need a very different understanding of what water is and what I'd love to help you get to is understanding that water is more than liquid.

It's more than vapor. Liquid and ice. There are amazing phases of water, between liquid and ice that we aren't, that we're just really starting to uncover in the science labs.

And this is not a new kind of water. It is nature's water that's already been there all the time. It's just that we haven't learned to get to water as green.

The way we understand water is blue. And in addition to that, water packed inside of food is a different phase of water. And it's most, the, the most important thing it does in the phase once it's locked inside of food, is turn into an electrical conductor.

That's what we're missing in our water. Okay. Maybe you could unpack that a little. What is this phase and what does that mean. Water is an electrical conductor.

And why is that important. Why it's important is because we need electricity to live. We need we we we're just like our cell phones. You have to plug us in every day.

That's called hydration. But hydration is, interfered with in our modern living conditions. So, again, speaking as a an anthropologist looking out at us as a culture and recognizing that our living conditions, our daily living conditions are not a match to our biology, so there is disruption in our natural forms in us as biological beings occupying a culture which doesn't support our natural systems unfurling the way they would through, for example, puberty, reproduction and menopause.

So now we can have that larger conversation, which is just so vital why so many women are having menopausal, issues, pains crisises because your your culture and your living conditions do not support your healthy passage through that state of life, which, by the way, is deeply spiritual.

In every other culture you hit menopause, you will ascend to queendom. This is how it works. Well, we're all ascending here. That is, we are mastering.

We are all ascending to Queen Queendom drones, and we are all about this.

Why Menopause and Dehydration Intersect

I'd love to hear what you have learned from different cultures and how it is a spiritual passage, right? Well, let's complete the conversation on water first, because what I what will matter to occupying, culture that doesn't support us in this stage of menopause is learning how deeply we are water beings and knowing that this phase of water found in plants and and for example, if you think of a cucumber or you think of the juice dripping out of a pear, it's slightly more silky and viscous than water from your tap.

And that's because it's got that electrical charge to it. And that kind of water is also what is packed inside of our cells. And this is very important to know, because most people don't realize the water inside of you is not liquid.

And yet when you hear that conversation, oh, you're just a bag of liquid. You just feel like, well, I don't slosh around when I walk. It doesn't it doesn't quite go with the it.

The analogy doesn't work for our personal experience. But if you say to people you're really a jelly bag, you're

actually tiny cells of Ziploc jelly, that's then suddenly it's it lands.

Oh, I can see how I'm a water being. If I understand that water is thicker than just liquid and that I'm not just throwing water down my water courses, you know, through my digestive tract, I'm actually I'm actually osmosis water through my gel system.

And that that is where we're going to find hydration operates at a completely in a completely different way than just getting wet or just getting our organs wet.

They're actually getting charged, when we have exposure to the kind of water that nature is desperate to provide for us. But unfortunately, because we put water through pipes and we dip buried underground and we pressurize it and we unfortunately chemically wash it, you know, every one of those doesn't allow water to naturally shift into this jelly like state, which it seeks to do.

That's its end state for cleaning up and purifying us. So, so many questions. So we hear often we're 70% water. What do you say to that? Because I well yeah working with.

So I'm fortunate that I have an extraordinary life path right now doctor. Still, I can't believe I'm even here. But I'm here to break because I'm God's selected for this work, and now I'm.

My job is to bring it to my tribe, right? To bring it back to my community and share. So I work with the world's top water scientists. We're looking at water in these new phases that we didn't understand, and in that molecular quality about water, in other words, how water moves around itself and what it does.

The, the new cat, the new number for how much we're actually water is 99%. That's how many water molecules are in our system. It's a it's a huge volume.

And I think it even helps land more for people when you say all your cells are filled with water. So now you get a sense of why that volume, why that number could land so high.

And then what I really try to help people get to is your your cells make up your tissues, all of our tissues, whether it's our lung tissues, our eye socket tissues, our brain tissue, our vascular tissue, our living tissue, all of this are water cells juggling next to each other.

And when that lands, all my tissue is water. I am, I am I related? I am a jellyfish. Bone stuck in so I can stomp around on this planet. That's essentially what that's how it works.

And that's a good visualization. So what is what is the 1% that's not water? Well, it's the chemicals. You know, the process. The other material molecules that that activate, building.

And you know what? It helps help them. I want you to understand, water's turning into things all the time. It's turning into tissues. It's turning into proteins.

It's the block by which all of the things are built out it. And then, because it's the mother block, it's shepherds you to your next, appointment, you know, like you should be the liver cell.

You're going to be doing lymph work over there. And so it's the communication system as well as the building system. So we're made of water, and we require water to pass, the coherent orchestrating signaling between the cells back and forth to each other.

Now if you are in a dehydrated state, which you must be, I'm sorry to inform you if you live in our culture now, because we live deeply dehydrating environments, you know, even your cell phone and your, your, computer is drawing electricity out of your system.

It's dehydrating what water's meant to do, which is to bring you electrical charge. As long as keep is well, to keep

you moist and beautiful. And, you know, it does a lot of things for us.

Yeah. So.

Simple Ways to Rehydrate

So now we have a context to understand why menopause can be so detrimental and painful for us as a stage of life, because at that point, we're already in a slow, descent of our hydrating tissues.

And then we hit new hormonal requirements for our body and new processes, or the, reduction of other processes. And they're all trying to do that in a dehydrated state, so you can almost hear the creaking.

You could almost hear the creaking, jittery. You can almost hear the like on oiled, joints going, it shows up now. So it's our moment to say, wow, there's an easy fix here.

And that fix has to do with getting, buoyancy back in our cells so that they can do the work they need to do for our stage of life now, and ignite the orchestration of all of the new processes that we that can be eased on to online instead of just the take out that we're.

So it's not your fault. It's not your biological fault. There's not anything wrong with you. You're living in a culture which has set you up to arrive here at this moment.

So that's an important things. So even the typical, even if you're listening and you drink the eight glasses of water a day, you're still there's work to be done, is what I have learned from from learning from you.

So let's let's talk about that. So we know that we're water beings. We know that our cultural culture does not support hydration. And most of us listening, if not everyone, are at some point clinically sub clinically dehydrated.

So what what can these ladies do to get moist and wet and juicy? How do we hydrate? What is the what is the Gina Bria way of hydrating? Well, I want to give you a set of strategies because it turns out hydration comes, from more than what we've been doing.

Just trying to guzzle all that water. The first sad thing I have to say is that we're guzzling bad water. That's a problem, because the more bad water you put into you, the more work your system has to do to dry out the toxins that are present there.

To try to convert this water into some electrical charge, you know, it's your body now is having electrical charge drawn out of it to try to cope with the bad water coming in.

And by bad water, I mean, you know, straight up tap, tap water, the bottled waters we consume. So I want to get an easy fix you for that right away. So the water you are drinking in your water bottle likely has lost electric charge.

It may not have lost all of it. So you're you're you're creeping along, but it's lost the optimal kind. So it's easy fix for your water bottle is to get a pinch of salt in that great sea salt.

You're just you're not going to go over any low sodium diet. What you are going to do is add a electrical charge to your water. Your water molecules get that pinch of salt and they start their own electrical system going.

And pretty soon that whole glass of water has charge in a way that now can be going into your system and your cells, through electromagnetic forces far more easily.

So don't drink a naked glass of water anymore, put salt in it, or put a squeeze of lemon. Classic, classic strategy or lime or cap full of apple cider vinegar.

Cut up some fruit and put it in there. Everything you do to that water is now talking to those water molecules.

Remember, electrical signal is going on.

It's not just a chemical reaction. So now you've had your water talk to other biology, and they are starting to have an electrical conversation. And you get to drink that electricity.

How how cool is that? You love that. And I think it's just so important as your you're doing it because the mind is so powerful to really be involved in that, not just mindlessly guzzling down a glass of water, but realizing you're creating the electrical current and what it's doing.

I think your body will absorb it even better when you're really involved and envisioning that and being mindful and thinking the water. I love that. Yes, thoughts do affect frequencies.

Frequencies are part of how the electrical charge happens. So even singing to I love to always have a little glass. And you know, I do a little hum song before I take a sip system.

Nobody needs to know. It's just me in my personal home with my glass. And that allows us then to open another hydration strategy, which is an extraordinary one that we get to talk about now, which is sound healing, listening to music.

We have the work of John Stuart Reed, who's an acoustic physicist in England, who has who has videos and blood cell counts showing that music at certain frequencies does reshape the water cell and its ability to change the structure of blood cells, for example, or our liver cells or our eye cells.

So, you can go find out about that or you can just realize that if a song is really moving you, that's the song your body's needing right now, and it's actually shaping signaling in your water molecules.

It's reshaping the water molecule itself. So, so salt in your water or other foods, a stick of celery, listening to good music, listening to music that makes you feel better, makes you feel better.

Well, that's a hydration strategy. Getting out in the sun. The sun is an extremely important hydrator. Who knew? We think of it the opposite, but because of the electromagnetic rays of the sun acts like a biological clock.

It's signaling going in, which tells the water molecules what time to do, what when to send signals, how to tell your microbiome it's time to sleep. You know, in 12 hours you're going to be sleeping.

People, you know it. They're it's incredible. Just the exposure. Even if it's very limited, it resets your clock every time you get out and the angle of those rays come in.

We have fabulous work coming out of South Texas University showing that even your microbiome has molecular clocks. I know it's dark in there. I know you think it's dark in there, but actually, the minute you step out of the sun, your entire microbiome is like, oh, you're off schedule. Five minutes. Get over here.

You're supposed to be digesting. Come on, come on. I mean, you're just getting reorganized and reset. So exposure to sunlight, exposure to sound, exposure to solve or minerals, you can put mineral drops in your water as well.

And then this whole fluid dynamic motion, your entire system is a jellyfish. It's meant to function.

Hydrating Foods and Smoothies

All your canals drain, you know, all this beautiful canal under your arm, your lymph system, all of that works simply because you decide to put your arm in the air.

You know, you decided to take a walk. You decided to not a lot during a zoom meeting. All of those things. Those are water driving principles. And you know that if you push a tiny boat on a pond, it goes a little, goes a long way.

Well, those water draining, water distributing systems are at work in your body. And if you are not moving, you're not hydrating. You're not getting it to all those, little Ziploc bags that need it.

So I love the conversation about why it's so much more than eight classes a day. So just to recap that we have not drinking naked water and we have a whole nother talk we're going to do on hydrogen water and the power.

Yes. Moderator. So we have not drinking naked water and simple fixes. I love that, Himalayan salt or the salt or the Celtic Sea salt. And then we have listening to music and that is a new one to me.

So just even if you're not drinking, just listening to music and I think you can do the listen to music and the movement, because I know when I listen to music I love, I've got to dance and move.

So then we've got those covered and then The Sun, which we have definitely talked about in depth, about the importance of morning sun and watching the sunset.

And I like some afternoon sun. And so I think the sun is such a powerful healer. And we had a nice talk with Doctor Catherine Clinton about the sun. And I love that you're bringing it up again for hydration, because this is definitely expanding the idea of we just need to drink our water.

So what do you want to tell the ladies listening about how much water they should be drinking? And are there any is it any fruit, any vegetable? What kind of what does their diet kind of look like? Right.

That's so good. I, I really want to get, I've just got my chargers out. Let me get make sure I've got us plugged in, because I don't want to lose this conversation.

Yes. So it's really important food. As I discovered in my desert research there we are. All safe. Yes. What is it is nature's water bottle. And people are always like.

When we did published our book quench, in which we give 50 recipe hydrating recipes, the publisher was like, I need the top ten hydrating foods. And I'm like, you know, I literally I was back into today, you will get me the ten hydrating.

I will have that list. And I'm like, it's effective list. Look, there isn't any plant on the planet that doesn't start at 85 and percent above water. So pick your percentages.

You want to have, you know, pineapple. That's, I think 94% versus a watermelon, which is 80 to 96, you know, like what I want you to know is every time you add a plant to your plate or to your day, you are increasing your hydration in a way that's such a surprise, because the foods act as these beautiful, the flesh of all those plants act as a kind of sponge release.

So now you're creating a timed hydration system. Well, if you're going to eat pasta and you put basil on there and then you put pesto on top of the basil.

Right. And then you put let's see I would cut up okay. I'm going to do a really crazy recipe right now. But I would cut up some beautiful, really juicy pears on top of that whole thing and little chunks with my onions.

And suddenly I have like a six tiered hydration strategy just by having dinner. Right? You know, you can do this with smoothies too, because smoothies are fantastic.

I live for my smoothies. I make, you know, like beat black raspberry with coconut milk and pink soft. Yeah. Go to town. All right. I'm in the desert. Right.

And it's triple digits, and we we just live on and, smoothies. It's such a good way to get hydrated and get all the veggies and the fruits and there. And it's a great way to, get fruits and veggies into my granddaughter who, who tends to not want to eat them.

But in this smoothie, she just said, right now it's purple. What's to know? You know, and then popsicles also or ice cubes again, these are, you know, if you do a smoothie into an ice cube and then the ice cube into your drink, you're doing a whole nother level of, of strategy, which we kind of forsake.

And with the idea that, it all has to be liquid. So I, I think that why I want to get to the conversation about women in menopause, though, is because menopause is it is a cross over threshold, and it is when dehydration shows up in a brand way.

And if you know that hydration is a a, you know, your being is longing for that, it it's it puts you in a category now of, oh, I can dance with this in a new way, you know, because now this involves instead of fending off the problem, it involves swimming towards the solution or the buoyancy of, I'm going to bring all these hydration things towards myself and just watch what happens.

This is it's not a health task and other health tasks that we have to chip off our list, but a new buoyancy of being. And I'd love to go to the next part of this conversation, which is the spiritual value of hydration.

Wow. I'm, I can talk about it in terms of.

Menopause, Wisdom, and Water Lineage

So now again, I'm sitting in my anthropology chair, and I want to let women know that menopause around the world is considered the crossover category for women to come into their council slots.

They are now the wise ones. And of course, we don't feel wise in this culture. We feel like we're a mess. But that's only because we're dehydrated. There you go.

Because the wisdom in water is available to us in ways that we don't have to know rationally. But scientifically, I can tell you that even a 2% loss of hydration leads to cognitive, disruption.

And now I now I'm really talking about, like, just not being able to see your way clear to things, feeling anxious and disrupted and anxiety is the first clue that you're dehydrated.

It's a huge clue. Might. And it's your whole body going, can we just stop everything for a minute, get it, get a drink or get an apple or take a walk, get out and you know, it's like that.

So, why water is so connected to wisdom in all cultures, all around the world. And by the way, every culture gives women a special access to water. Water are women are the water carriers.

The water blesser is the water lineage, and we have no skills in our culture at this knowledge. And part of it is because we're dehydrated and our brain doesn't do the, the, the altered state that's available to us.

If we're truly hydrated, we have a new consciousness available to us, and it's a communal consciousness. So getting well hydrated means you get to occupy the council role as a woman.

Now of of course you want to talk to me because I'm the wise water woman I love, and it's so easy and so graceful. And do you want to dance afterwards?

I just have this vision of, We need to host a water lineage retreat, where we can dance and sing and bless the water and bring back the water lineage to all the women listening.

Because we are wise and we are powerful. And if we are feeling separated from it, it's just a it's just a door we need to swim through to show that and to step into what you're speaking about.

It's quite extraordinary that we as moderns have been so severed from our wisdom traditions, our water traditions, our water skills. And by water skills, I mean knowing all the places water can be found and all the reasons you

would want to bathe your new grandchild and all the all you know, all the things we have forsaken.

But the great thing about hydration is it holds the memory for us. Water holds that if we just get ourselves buoyant again in our cells, fully buoyant and completely optimized with hydration, then we're going to find ourselves in new categories as well.

And we have access to things we don't have to know rationally because this actually it is a very rational process, but because our brains are computers that work at our entire body, is a computing system that works at such high data exchange that we don't need.

The brain is like the slow. It's the intersection where everything slows down and gets mangled behind. Oh my God. But then I think about I've always thought about water and how it heals so powerfully.

I think about sitting on an airplane and they give you a hot towel, and just that hot water on your face is enough to shift everything. Or going out in the rain and letting it cleanse you and letting it rain on you, or taking a dip in a hot, I mean in a cold plunge and having water.

There's so many different ways. Baths, in contrast, water, hot and cold water, and so many ways medicinally. I use water just on the body and just immersing in water and I love that you bring to the conversation this movement in music and the reminder that every time I talk to you, I just feel like floating away.

I'm like, I know water vapor. Know like a jellyfish. I was just at the aquarium. I just saw the jellyfish and I, I forgot to say, I eat when you are me, I feel bad.

The water in me greets the water with you while you're making me think about, you know. So I want to share a recipe, right? What recipe do I share? We've we've talked about putting chia seeds in, liquids in smoothies because they are, a desert seed that I discovered during my desert researchers that release high volume gel.

They're quite extraordinary. They're electrical conductive power is quite extraordinary. So this is a food, in modern times, to move into our dehydrating environments.

So I'm not going to say any more about chia seed, because I want to. I was dying to talk about honey. Okay, but for the chia seeds. Because ever since the last time we talked, I prescribed chia seeds to every patient I see.

So if someone wants the chia seed recipe. Yeah, I can do it in two seconds. A can of coconut milk or, you know, the equal amount of almond or oat or whatever you like.

Five tablespoons of whole chia seed. And you'll remember five because you have five fingers on your hand. So now you know the recipe. It's a can plus your hand.

Okay. Right. You mix it makes it mix it it mixes in a bowl. You could you could dress it with, little salt. If you want a raspberry jam on top, you could drizzle maple sirup.

You see where I'm going with this? But you make this potent pudding.

Honey Facial and Skin Hydration

And this is a really excellent strategy for hydrating your body at night, because the liquid isn't there and quite the way we understand. And so you have all the whole night where you don't have to get up and pee every time because the liquid is rushing through your system.

So the great strategy for the health, but it also is a time release system for athlete's super cool, perfect. Now let's talk about okay, okay. So, I'm what am I, 60, 65 I think I think I'm 65.

I don't remember because I was 19 twice, one year and you know that that. That crazy brain. Yeah. And I have

discovered that my honey facials have turned out to be a powerhouse of love, beauty and engagement.

And what I do with honey is, I dip a spoon in on and then I take the honey off the spoon with my fingers, and I draw down my face, and I'm talking my neck.

I'm drawing it under my eyes as deeply as I could get there, right under the eyelashes of your lower eye, across my forehead. It's getting stickier and stickier and stickier.

And this is very exciting because honey, as a humectant, is a powerful deliverer of hydration to your skin. And then you start tapping your skin because your fingers are sticky and your skin is sticky and it's pulling away the dermis, just a microgram, just enough for your face to release all this old toxin and waste through your lymph system.

And so you get this amazing drainage going on just at the same time you're feeding your face all this migration. And I get pretty serious with this stuff.

Still, I actually slap my face. So I'm in there like not and given myself some huge slapping, slapping, slapping. It gets funny after a while. You're just there slapping your face.

So honey, it's raw. You want raw and I'll tell you why in a second. But when you do this honey technique and you get it under your eyes, so you're right up under the eyelashes, under your eye, when you tap there gently, you are literally draining that whole pool of water right there.

So this is a great strategy for getting, bags under your eyes taken care of while you're dealing with filling in all your other, you know, beautiful, age related and age honored crevices that you have on your face.

You're doing this whole, amazing relationship with the honey and your skin and your face, and then you're doing. And your lymph system, your flow system, your dermis and your eye sockets.

Because your eyes could really use that gentle massage. And they perceive according to how much hydration they have. So, you know, this is wonderful. And the final thing about all this is honey carries a peculiar kind of microbiome itself.

It's the perfect match for protecting your skin. So now you're feeding all the microbes on your skin, along with all the other things you're doing while you're having a great time slapping your face around.

Right. So how often are you doing this? Whenever that. Whenever I feel like it. I might go for a week where I don't do it, or I might find that a morning in an afternoon.

It's a fun thing to do. I want to get a little honey after that. I know. So how are you going to get this all off your face? So this is what killed me because you were talking about the hot washcloth.

So I take a washcloth, and I laid on the lid of a pan or just a pan so that I'm not getting water on my counter, but I lay it in a long, I roll, and I only put boiling water from my teapot right on the center of it.

So I still have the ends there. Not too hot to touch because you know how that can get right. It gets so hot and I wring it out. And then I lay this hot, gorgeous water over this beautiful washcloth, and I just pull off the rest of the honey.

I just pull it off, and I always leave behind a tiny film. I don't leave it behind. I wash it off. But what gets left behind is a beautiful protective microbiome right there on your skin that is going to fight for you day and night until you go to the next round of whatever tiny mask you might do.

So do you do this at bedtime and then sleep with that residual on or you do? Yeah. And by residual we're talking about no hardly. You wouldn't notice it.

Although you know, it's just you're really pulling it off. But it's going to leave behind the micro level, microbiome that protects your skin. Okay. But real quick before we finish.

So you take the organic raw honey, you write it all over your face and a lot of teaspoon. Then you tap, tap, tap, tap, and and you might even get into slapping and get your neck. Okay.

Get your gauze. Get in there with some stars. You're going to love it to death. And then a hot, hot washcloth well wrung out that you just put wipe your face all down with that.

And it's so good for your eyes and your skin and your neck and your face is just going afterwards. So I am so excited. Make sure you don't burn yourself, ladies.

But that sounds I'm I'm going in my cabinet as soon as we're done. So I've never I've never done that. I always I love facials, but I've never done the honey and the tapping.

That makes so much sense, doesn't it? Yeah. I ridge lymphatic drainage and oh my goodness, you are always such a surprise and a delight in your eye. And you always just you hydrate me.

I feel hydrated and buoyant and bouncy and I always learn something when I speak with you so I feel the same. I get the energy. There's. Our water is exchanging electrical conduction even through the zoom screen.

Who knew that that was possible? But exactly, exactly the the the wonders of technology. They feed you, but they also drain you. So. Right. They have a good relationship with them.

Where to Learn More and Closing

So you have so much information. Where can the ladies learn more about. Yes. Thank you for asking that. I have a nonprofit website called Hydration Foundation, dawg.

And, if you come and visit us there, there are, lots of recipes. There's discussions about the science behind all this. There's, new strategies for hydrating.

We've shared, here on this, I've even put some music up there. Hydrating music. I hope my team has got it up there. And if not, just, you know what you need to listen to, right?

Because beautiful, beautiful music will really help you. I'm glad we got that in. Yes, I highly recommend I go to the website and it's just such a wealth of information, so I highly recommend going over there and check it out.

I also on my podcast The Science of Self-healing. I had the honor of interviewing Gina, so we have an episode up as well. That was so fun to do. So I encourage you to go check out my podcast, The Science of Self Healing with Doctor Sharon Stills, and you can scroll down and find our episode.

It was not so recent, but within the last I think six months. And you can give a listen to that to learn more about Gina's work and hydration. And but we definitely have some some great take homes for moving and sun and what to put in our water and eating more veggies and chia seeds and honey on our face.

So we've got a lot of great, valuable take home information. So thank you. Thank you so much for being here and for all the work you do in the world. It's just so amazing.

I learned so much from you, and I am such a hydration junkie because I know after over 20 years of working with patients, if a patient is not hydrated, I'm not going to get them better.

And so yes, we love our hormones and they help a lot, but we have to put them into hydrated bodies. So we'll be back soon and be well. And thanks for being here.