



Hydration & Cellular Health – How Fluids Powers Digestion

NkwaFest Wellness Score Course

Delivered

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Why Hydration Matters for Digestion



DIGESTION ISN'T JUST ABOUT
FOOD—IT STARTS WITH
FLUIDS.



PROPER HYDRATION = BETTER
BREAKDOWN, BETTER
ABSORPTION, BETTER ENERGY.



FROM THE MOUTH TO THE
COLON, FLUID PLAYS A
STARRING ROLE.



Conditions Linked to Dehydration

Physical Health

Constipation

Kidney stones

Urinary tract infections (UTIs)

Headaches & migraines

Muscle cramps

High blood pressure (linked to low blood volume)

Dry skin & premature ageing

Joint pain (less lubrication in joints)



Conditions Linked to Dehydration

Mental & Cognitive Health

Brain fog

Poor concentration

Mood swings

Fatigue

Anxiety & irritability



Conditions Linked to Dehydration

Chronic Conditions

Chronic fatigue syndrome

Poor blood sugar regulation (impacts those with diabetes)

Digestive disorders (slow transit, low stomach acid production)

Electrolyte imbalance → heart arrhythmias or seizures (in extreme cases)



Conditions Linked to Dehydration

In Children & Elderly

Higher risk of hospitalisation due to severe dehydration

Increased risk of falls and confusion in the elderly



Digestion Starts in the Mouth



- Saliva = Water-Based



- Contains amylase to break down starches.



- Moistens food for chewing and swallowing.



- Hydration = Saliva



- Poor hydration? Less saliva = sluggish digestion from the start.



Water's Role in the Digestive System

Gastric Juices: Water is needed for enzyme and acid production.

Nutrient Absorption: Dissolves nutrients for better absorption in intestines.

Bowel Function: Softens stool, prevents constipation, supports regular bowel movement.



When Should You Drink Water Around Meals?

Before Meals: 30 mins–1 hour

Prepares the stomach, boosts digestive enzyme production.

Helps prevent overeating.

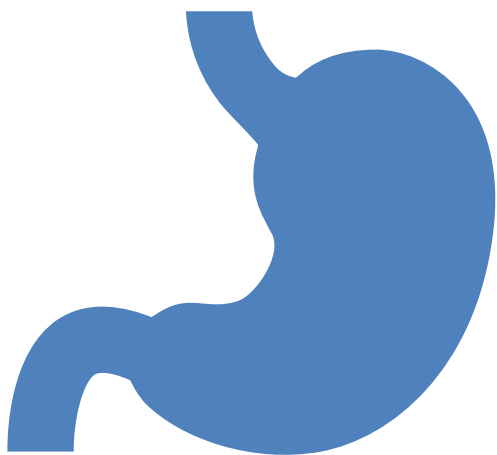
During Meals: Max 200 ml

Aids swallowing & food movement.

Avoids dilution of stomach acid.

After Meals: 30 mins–1 hour later

Supports nutrient absorption without interrupting digestion.



Why Too Much Water During Meals Is a Problem

Dilutes Digestive Power

- Excess water can **weaken stomach acid** and digestive enzymes
- This slows down the breakdown of food

Causes Bloating & Discomfort

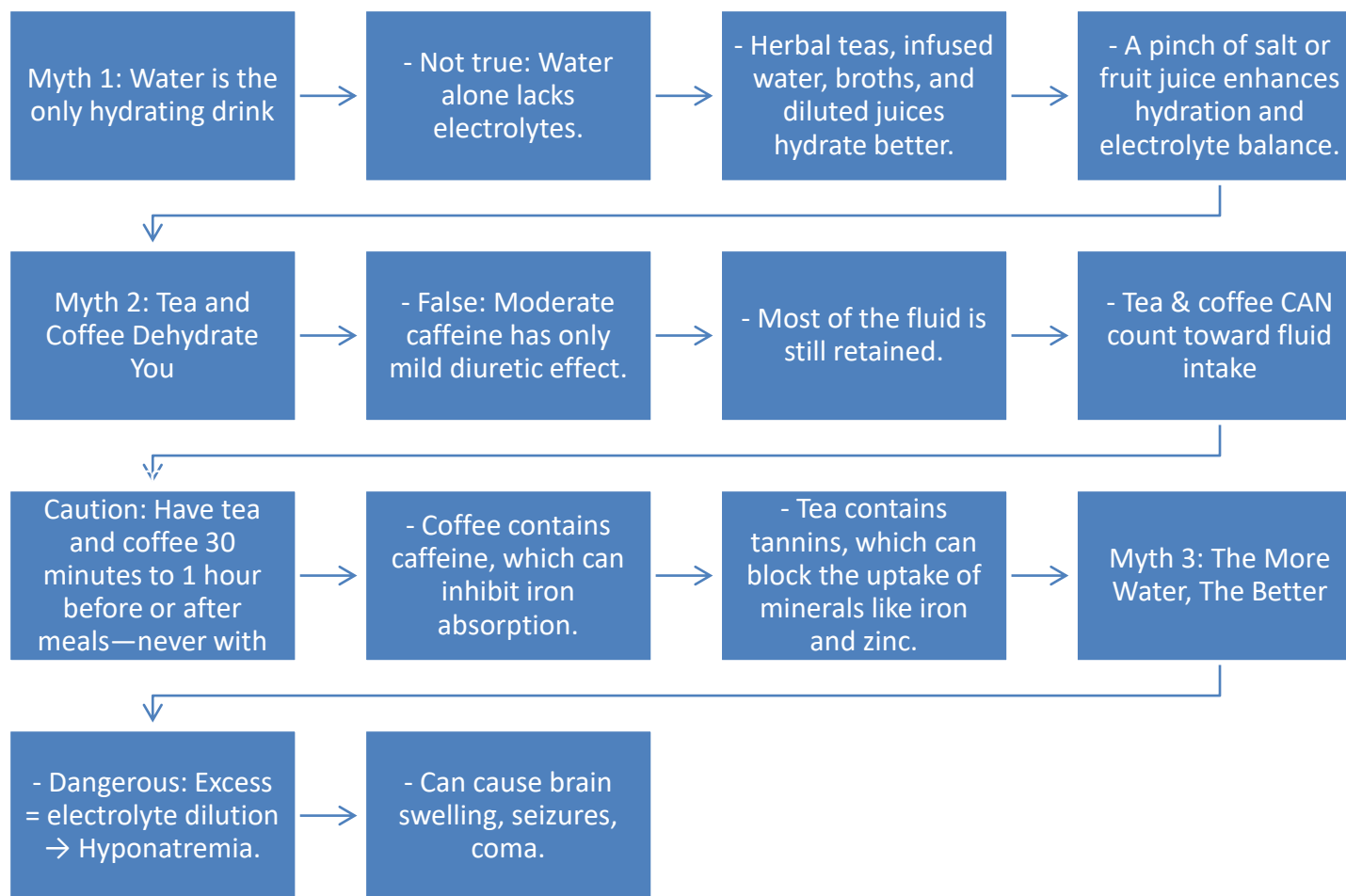
- Overfilling the stomach during meals may lead to pressure and bloating
- May contribute to feelings of sluggishness after eating

Triggers Acid Reflux

- More volume = higher pressure in the stomach
- This pressure can **push stomach acid upward** into the oesophagus, causing reflux or heartburn



Busting Hydration Myths (Naturopathic View)





Electrolytes = Hydration Intelligence



Electrolytes (sodium, potassium, magnesium, calcium, chloride)



Direct water to where it's needed.



Regulate fluid balance within and outside cells.



Tap water often lacks key electrolytes (especially potassium).



Sea moss, coconut water, fruit infusions = great sources.

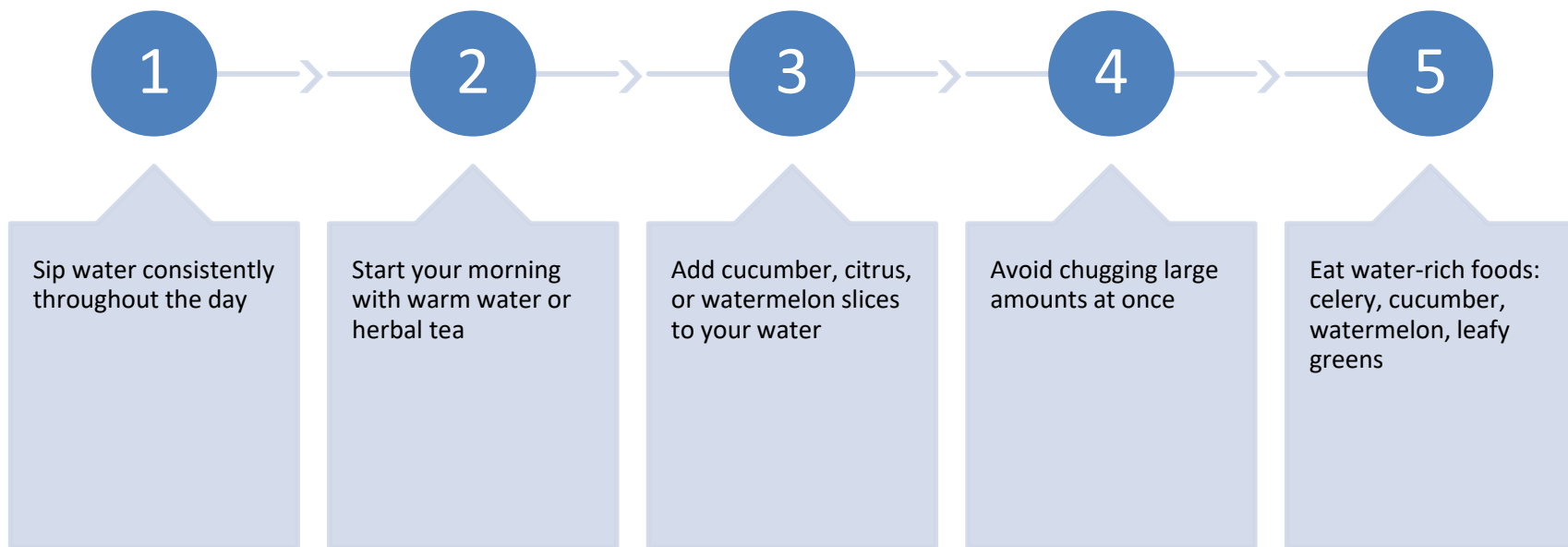


Naturopathic Recommendations

- 1.5 – 2 litres daily fluid intake (increase with heat or activity)
- Tea and coffee allowed in moderation
- Prefer fluids from herbal teas, broths, infused water, fresh produce
- Avoid extremes: Not too much, not too little.
- Don't have fluids too close to your bedtime



Tips for Hydrating





Final Thoughts – Holistic Hydration



Good hydration = better digestion, energy, glowing skin, and mental clarity



Herbal teas & electrolyte-rich drinks > plain water alone



Mind your timing around meals



Be intentional—hydration is a daily ritual, not a quick fix



Quiz – Are You Hydrating Smart?



1. True or False: Fluids aid in digestion, so it's good to drink with meals.



2. What is the recommended daily fluid intake according to Naturopathy?



3. Does daily fluid intake include wine or alcohol?



4. Which would you choose: wine or an alcoholic cocktail—and why?



5. Is it good to drink water close to bedtime?



6. What are the benefits of drinking warm water or tea first thing in the morning?



Some Useful Links



Revitalising Morning Elixir Tea Recipe: <https://www.youtube.com/watch?v=DxD9ueUtZSg>



ACV FOR WEIGHT LOSS, DETOX, MAINTENANCE & BEAUTY :
<https://www.youtube.com/watch?v=ilqzMpTmEu8>



HYDRATION : <https://www.youtube.com/watch?v=WfltVufdTqI>



Sea Moss Gel Recipe : <https://www.youtube.com/watch?v=rUgOjidCuV0>



How To Make Rich & Gelatinous Chicken Bone Broth:
<https://www.youtube.com/watch?v=LIIs1R6ViK0&t=715s>



Water tracking App:
<https://play.google.com/store/apps/details?id=com.remind.drink.water.hourly>



Your Turn – What Will You Do Differently?

- What's *one hydration habit* you're ready to change starting today?
- Share your action step & tag us
👉 **#AnneBettys**
📺 **YouTube:**
www.youtube.com/AnneBettys
📺 **Facebook:** AnneBetty's
📷 **Instagram:** @AnneBettysfoods
🎵 **TikTok:** @AnneBettys
- Let's inspire each other. Let's hydrate better.
Let's glow from the inside out.
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