

Hydration & Mineral Balance — Practical Reference Chart

Understanding what supports water quality and what may add to the body's load

Water Quality: What May Be Present

Category	Common Examples	Where It Comes From	Why It Matters to the Body
Disinfection Byproducts	Chlorine, chloramines	Municipal water treatment	Can affect taste, may add to overall chemical load
Heavy Metals	Lead, arsenic, mercury	Old pipes, groundwater, industrial runoff	Can accumulate over time and affect neurological and metabolic function
Agricultural Runoff	Nitrates, pesticides, herbicides	Farming regions, groundwater	May influence metabolic and endocrine function
Industrial Compounds	PFAS (“forever chemicals”), solvents	Manufacturing, contaminated water sources	Persistent in the body; associated with long-term exposure concerns
Microbial Contaminants	Bacteria, parasites	Untreated or compromised water systems	Can affect digestive and immune function

Mineral Support: What Helps the Body Use Water Effectively

Mineral	Role in the Body	Common Sources
Sodium (Na)	Supports fluid balance, nerve signaling	Natural salts, broths, whole foods
Potassium (K)	Helps regulate fluid inside cells, supports muscle and nerve function	Fruits, vegetables (especially leafy greens, squash, bananas)
Magnesium (Mg)	Supports cellular energy, muscle relaxation, hydration balance	Nuts, seeds, leafy greens
Calcium (Ca)	Supports cellular signaling and muscle function	Dairy, leafy greens, mineral-rich water
Trace Minerals	Support enzyme activity and fluid regulation	Whole foods, mineral salts, varied diet

Hydrating Foods: Structured Water + Nutrients

Category	Examples	Water Content (Approx.)	Additional Support
Fruits	Watermelon, oranges, strawberries, cantaloupe	85–92%	Natural sugars, potassium, antioxidants
Vegetables	Cucumber, zucchini, lettuce, celery	90–96%	Fiber, minerals, digestive support
Cooked Foods	Soups, stews, broths	Varies	Electrolytes, warmth, easy absorption
Whole Meals	Fresh meals with vegetables + protein	Varies	Balanced hydration + nutrient density

Putting It Together

Hydration is most supportive when it includes:

- **Clean water** → reduces unnecessary exposure
- **Mineral balance** → helps the body retain and use fluids
- **Whole foods** → provide structured water and nutrients

Together, these create the conditions the body uses to maintain fluid balance, energy, and overall stability.