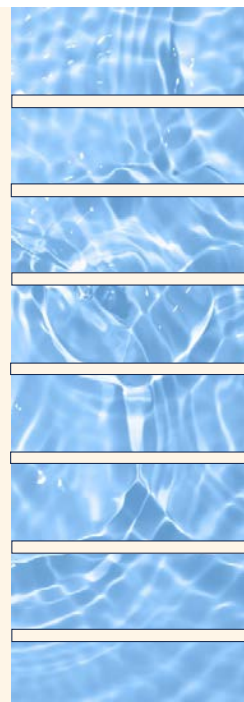


Pillars of Well-being: Quench Your Thirst for Wellness

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Ocean View Nutrition – Nutrition Consulting
Kitchen on Fire – Cooking School

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Wellness Journey: Pillars of Well-being

We continue our explorations of the pillars of well-being – powered by traditional foods.

Summer is here bringing outdoor activities and higher temps so we're focusing on the power of hydration. Let's discuss the importance of fueling your body to support your mental and physical well-being.

Sign up for a 1:1 nutrition session!
October 8th and 10th // December 11th
See the chat for today's session for more info

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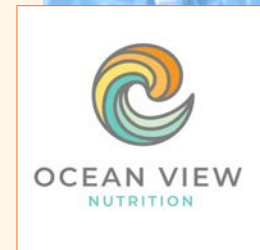


Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes
Corporate events
Individual consulting
Virtual & In-Person

- **BUY** seasonal, local, organic and GMO free when possible
- **COOK** using healthy cooking techniques
- **EAT** a variety of whole foods including herbs and spices
- **SHARE** and enjoy meals with friends and family
- **AWARENESS** of allergies and sensitivities



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Objectives for Today: Build Resilience to Support your body and mind

1. Why hydration is important
2. Signs of dehydration
3. Recommendations for fluid intake
4. Understanding water quality
5. SMART Goals for healthy hydration



Chef Olive's demo

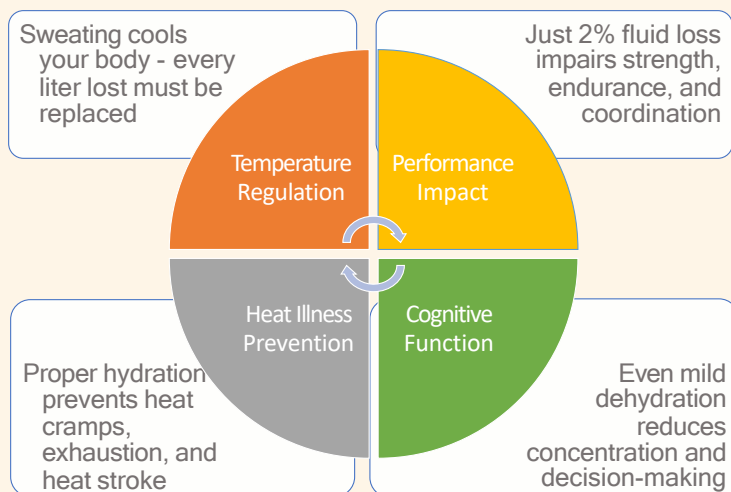
Cucumber and Tomato Gazpacho,
Grilled Watermelon with Feta & Mint,
and Easy Sardine Pate

BONUS: Raffle
prize to quench your
thirst for wellness!

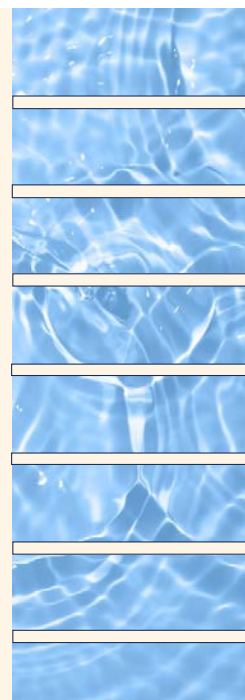
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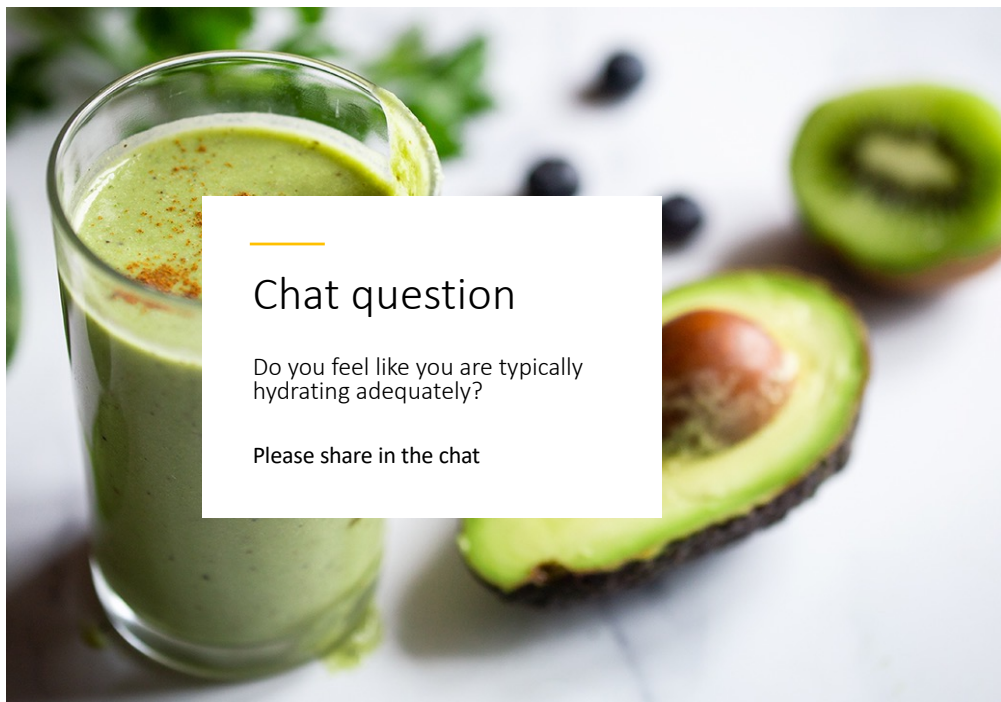


Why hydration is important



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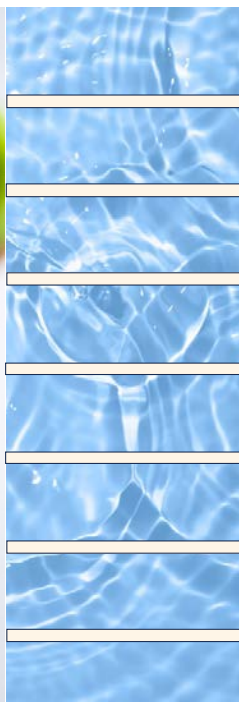




Chat question

Do you feel like you are typically hydrating adequately?

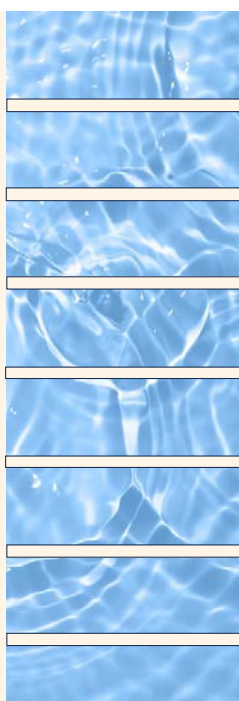
Please share in the chat



Signs of dehydration

Early Signs	<ul style="list-style-type: none">• Thirst and dry mouth• Dark amber urine• Fatigue and mild headache
Moderate Dehydration	<ul style="list-style-type: none">• Dizziness and weakness• Rapid heart rate• Muscle cramps
Seek Help	<ul style="list-style-type: none">• Confusion or fainting• Cannot keep fluids down• Sunken eyes

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Recommendations for fluid intake

The "8x8 rule": A good starting point but needs vary.

Total Fluids vs Beverages:

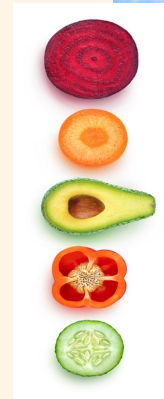
If you see fluid requirements that includes everything! All beverages and all water in fruits, vegetables even protein sources.

Consider:

- Body weight
- Muscle mass
- Exercise
- Perspiration
- Caffeine intake
- Pregnancy
- Breast feeding
- Alcohol (reduces vasopressin hormone)

Can you drink
too much
water?

How much
water typically
comes from
food?



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Understanding water quality

- Know Your Water
 - **Always filter drinking water**
 - Check your local water reports
 - Test well water annually
- Away from home
 - Boil water for at least one min
 - Pass on ice at places that may not be clean
 - Bring a water filter – needs vary based on your situation
- Home Protection
 - Consider certified filtration systems
 - Flush taps after long inactivity
 - Use cold water for drinking/cooking

Did you know?
The EPA regulates 90+
contaminants in
public water
systems



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Raffle Prize!

**Stay Hydrated,
Stay Healthy!**

Get Ready!

Step for Charity Challenge
Registration 8/14 – 8/31
Challenge 9/1 -9/30



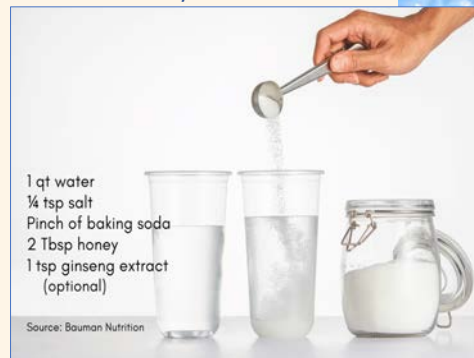
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Best Beverages to Hydrate

Not all liquids are created equal for hydration

- Additives to enhance hydration
 - Added electrolytes (good quality)
 - Adding sea salt or mineral salt (avoid table salt or Kosher salt)
- Other beverages
 - Organic Coconut Water with no added sugar
 - Organic Milk
 - Coffee or tea
 - Note: We lose about 400 mg of sodium with a 12-ounce coffee

A homemade hydration drink

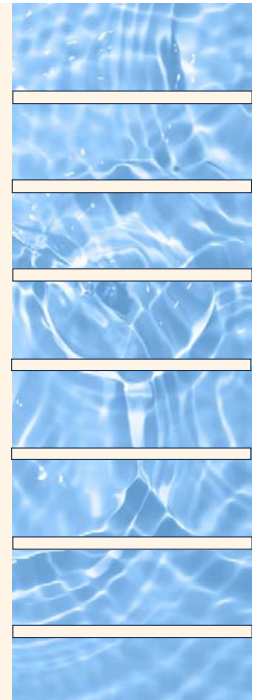


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Isn't water, just water?

- **Filtered Water:** Water passed through a filtration system to remove chlorine, heavy metals, bacteria, and other impurities. Quality depends on the type and maintenance of the filter.
- **Spring Water:** Collected from protected underground sources, this water is naturally rich in minerals. However, the actual mineral content varies widely depending on the source.
- **Mineral Water:** Contains naturally occurring minerals like magnesium, calcium, and sodium. Can support electrolyte balance and hydration but may not be appropriate for all dietary needs (e.g., low-sodium diets).
- **Hydrogen Water:** Water infused with molecular hydrogen gas. Research suggests it may reduce oxidative stress, support mitochondrial health, and promote better recovery.

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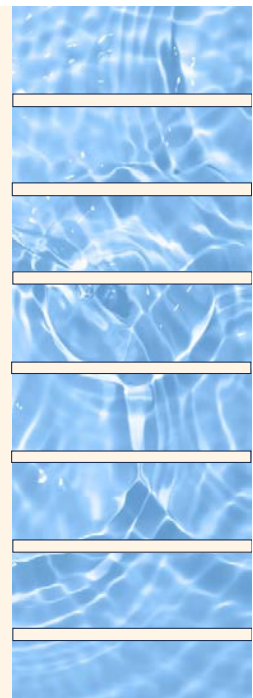


Enhanced Waters – What to avoid

Many water-based products are doing more harm than good

- **Flavored Water & “Natural Flavors”**
These are typically anything but natural. Contain unregulated chemical compounds used to mimic taste and scent. They may disrupt hormones, alter your palate, and interfere with your body's natural hunger and thirst cues.
- **Electrolyte Powders & Water Additives**
Electrolyte replenishment is important—especially after intense activity or in hot weather. Many contain artificial, synthetic vitamins, food dyes. Look for whole-food-based mineral sources, natural sea salt, and no added sugars or chemicals.
- **Alkaline Water & Overprocessing**
Excessively processed versions can disrupt the stomach's natural pH, potentially affecting digestion and nutrient absorption.

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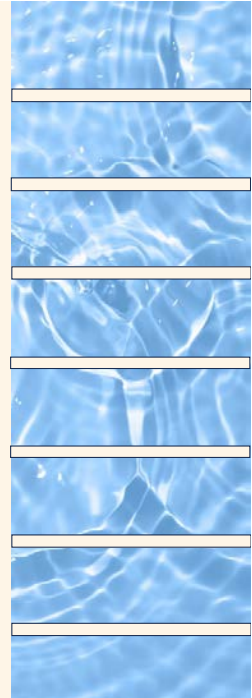
Hydration tips to consider

- Hydrate in advance
 - Before activities in the heat (2-3 hours prior)
 - Before you start your day (16 oz upon waking)
 - Before your meals (20 min before)
- Hydrate during activities
 - Sip water every 10-20 minutes
 - Add minerals if exercises for 60+ min
 - Don't wait until you feel thirsty
- Hydrate based on current conditions
 - Traveling on a plane or a long drive
 - When fighting a fever or any illness
 - Cold, dry air (you may not expect it!)
 - High altitude


Check in with yourself

- *Lightheaded?*
- *Water bottle is still full?*
- *Urine is darker?*
- *Feeling sluggish?*
- *Brain is foggy?*

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Set SMART goals to Build Resilience

 Invest in yourself from the inside out!

✓ 2 goals to help you **Hydrate!**

What do you want to share?

STOP!
Sign up
now

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Specific
Measurable
take Action
be Realistic
Time-oriented



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About us

- Kitchen on Fire Cooking School
 - For the Home Chef in Berkeley & Oakland since 2005
 - Owned by Chef Olivier Said (founder) & Lisa Miller
 - Hands-on Cooking Classes, Events: In-Person and Virtual
 - Nutrition Education, Corporate Wellness, Individual Consulting
 - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
 - Owner & Nutrition Consultant, certified
 - Consultations, Classes & Presentations
 - lisa@oceanviewnutrition.com



Link to today's presentation,
demo info and more
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