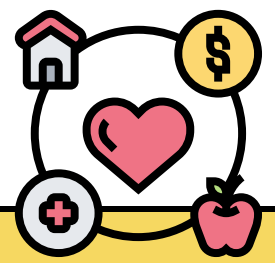
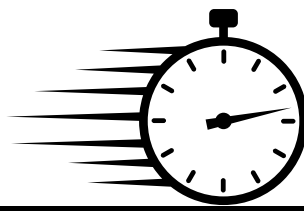


# 7 Liquid Items Intake Schedule To Nourish Your Health Holistically



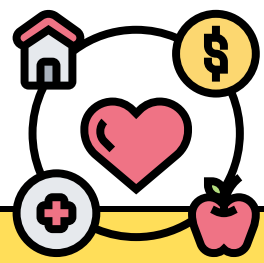
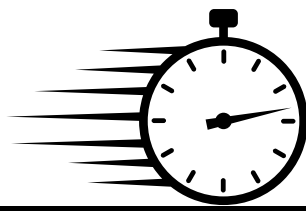
*Explore the **best time** to  
drink the suitable liquid ==>*





<b>Hot Water</b>	<b>Early morning 5:30 to 7:30 AM plus, drinking hot water during dinner is recommended</b>	<b>to detoxify the body</b>
<b>Non Masala Tea (without milk) can add tulsi, or lemon grass to gain natural minerals</b>	<b>Afternoon 2 hour after the mid day meal</b>	<b>to get an energy boost</b>
<b>Normal coffee (can try unique flavours)</b>	<b>9:30 to 11:00 AM</b>	<b>freshen up the body</b>
<b>Kokum juice or mango pana</b>	<b>Before the meal 12:30 PM to 1:30 PM</b>	<b>to hydrate and cool the body</b>

***2nd chart ==>***



<p><b>Normal cow milk</b></p>	<p><b>before sleeping 10:30 PM to 11:00 PM</b></p>	<p><b>to increase the antibiotics cell</b></p>
<p><b>Coconut water</b></p>	<p><b>Morning 7:30 to 8:30 AM (before the breakfast)</b></p>	<p><b>to have a feeling of eating full and become less hungry</b></p>
<p><b>Lemon water</b></p>	<p><b>Morning with any empty stomach as per your waking time (6:00 to 7:30 AM)</b></p>	<p><b>to drink with an empty stomach</b></p>

*Why to drink these liquid items at **different times?***

*Discover on the **next slide** ==>*



## **Why to drink these liquid items at different times?**

As our body isn't suitable to eat sandwich and burgers in the lunch, in the same way all liquid foods aren't eaten in the same time.

Condition of body will signal which liquid to intake and which to schedule later