



## One simple habit to keep you hydrated in summer

Welcome to the art of **Micro-Sipping**: A Smarter Way to retain hydration in Summer

When summer temperatures soar, standard advice tells us to **drink more water**.



However, hydration science shows that **how you drink is far more important than how much you drink at once**.



The most effective habit to adopt this summer is

**MICRO-SIPPING**



taking small sips of water constantly, rather than chugging large glasses at intervals.



# REASON WHY LARGE GULPS FAIL



When you chug a **large glass of water**, you may feel like rushing to the bathroom immediately.



It is because your stomach detects a sudden volume rush and **signals the kidneys to eliminate it quickly.**



## The Result

You pass the water out before your cells can absorb it.

## The Side Effect

Rapidly flushing water out can deplete essential electrolytes like sodium, leaving you fatigued and tired despite **"drinking enough."**

## THE BENEFITS OF MICRO-SIPPING

Micro-sipping means taking 2 to 3 small sips of water every 15 to 20 minutes.



The human digestive tract absorbs water most efficiently at a rate of about **200ml to 250ml (one small cup) per hour.**

Supplying water in tiny, frequent doses matches the rate at which your body naturally loses fluid through sweat, ensuring maximum absorption without stressing your system.



### Keep Water Visible:

Place a glass or bottle right next to you so you can sip subconsciously before you feel thirsty.



### Use a Straw:

A straw naturally limits the volume of each sip while encouraging frequent drinking.



### Make It Better:

You can add elaichi water to make it better or little bit of palm sugar to keep your system cool.

**Happy hydration!**



Small sips. Big benefits.



For doubts and queries, please reach out:  
[wellness@quadratyx.com](mailto:wellness@quadratyx.com)