



## **Weight Loss Surgery Survivor's Guide to the Code Red Lifestyle™ #4: Water**

Hello, everyone, and welcome to lesson number four. Now lesson number four is going to be a short one, but a very important one. And that is about water. Cari, why are we talking about water? It's just water. You would not believe, and maybe you actually do believe that, because you might have gone through it. The struggle that is facing people that have had gastric surgery of any kind, any kind and drinking water.

Let me tell you what happened. When I first started with Code Red. I had to drink my gallon of water a day. I got my gallon and just started sucking it. I was doing a lot of things wrong. And I started getting nauseated. I started throwing up. I called Cristy and I was like, this is ridiculous. I've had gastric surgery. I can't do this. And she was like, well, don't make yourself sick. I was such a total and complete wimp about the thing.

And I was so frustrated with the process and did not have the hints and tricks that I'm going to give you today, that I almost gave up on Code Rad and drinking the water. This does not have to be the case for you.

So today you're in my kitchen, and we are going to talk about drinking water. And I'm going to show you what has worked for me. Are you ready? Get ready to write down these hints and tips tricks. Some of them may work for you. Some of them may not. I'm going to give you enough that you can choose for them.

Number one trick (I'm grabbing my props) is that the water cold for most gastric surgery patients causes the stomach to contract. Okay, cold causes contraction, cold kind of brings things in. And so, drinking your water cold or with ice is definitely not going to be a good idea for any gastric surgery patient. It will cause the stomach to sort of shrink and it will cause you not to be able to get down a very big volume of water.

So here's what some people do. Some people get a big one-gallon jug and then they pour out a mug at a time, and they heat it up in the microwave, like tea. And the warm water is going to relax you if you have a lap band, relax if you have a small stomach, relax it and allow that water to pass through your stomach.

For most people temperature is super important. For me, I drink my water out of a 40 ounce Code Red water bottle and I do it room temperature. I cannot drink my water cold. That's just how I am, so room temperature works fine. And I do heat it up as well. So temp is a really big deal, guys.

Also, putting something in your water often helps it be able to be more palatable and get it down a little bit easier, especially if you've had a gastric surgery. Now there are several Code Red approved things you can place in your water at the time of this recording. My favorite is Kaged Muscle. Kaged Muscle makes a product called Hydra-Charge and there is a discount code. If you use Cristy's discount code, CODERED15, you can get a discount on it. They have all different flavors. My favorite is fruit punch. They make an apple limeade of this recording. They make a fruit punch, a pink lemonade they make. It's awesome. Orange mango is delicious.

Now guys, this has electrolytes. It's super important that you're going to want to replace your electrolytes. So I like this. Also, Ultima makes some amazing flavors and Redmond Re-Lyte. Redmond Real Salt has a product called Re-Lyte--it's a little saltier. So you may not want to want to use the full concentration, but it is excellent. It's really a great product.

So, consider having an additive that you like. Also, you can drop a teabag in your water bottle and just let that flavor your tea. You can drop some lemon or infuse some fruit flavors. Now, can you make lemonade? No. Can you have a strawberry daquiri? No, you can't make a drink. But you can add a mint leaf, you can add a teabag, something like that and that does help a lot of people.

Okay guys, timing is super important. Next point is timing. Super important with the gastric surgery patient, you need to stop drinking your water 15 minutes to a half hour before you eat your meals. You need to give your body time to get all that water out of there so you can get your meal in and then stop eating.

I mean after you're done eating, wait a little while and then start drinking your water. When we drink water, it lowers the pH level of our stomach, and it washes out the pH which is fine, our body can adjust to that. But since we have different stomachs, we really want the pH to be stronger in our stomach so we can digest the food and get it out.

This is part of the reason with people that have food that stays in their pouch after they eat and gastroparesis and those other kinds of issues is that their pH isn't very high, and so the food just hangs out. And then that causes reflux and all sorts of problem. So, you really are going to want to get that food moving out. And plus, this will make it easier. So stop drinking your water, depending on you.

I just do a few minutes before. Some people have to do a half hour before and after. Really important. It's a good thing we don't eat all the time. Okay, so super important. Do not drink with your meals. Don't do it.

If you've had any kind of gastric surgery, you're going to change the pH levels in your stomach, and you're gonna make it harder for your body to digest that food. Super important.

Okay, next point, work up to your gallon. You do not have to drink a gallon of water the very first day you start Code Red. It is okay. It took me some time to work up to it. And let me tell you, I have a messed up stomach. I have, as you guys know, because you've watched the series. I've had so many surgeries.

I can easily drink over a gallon of water a day. But it's taken me a little bit of work in practice and finding what the tricks are for me. So work up to your gallon, don't stress if you can't get it right away. Now, that's not an excuse not to get your water in. But it is something you want to think about is it's going to take a little bit of time for you to get to it.

Okay, are you ready? Next point, do not chug your water. Do not chug your water. Y'all, you will throw it right back up. You know what I'm saying? So the big thing is you're not going to want to get behind on your water, so you're not having to chug it at five o'clock at night. Very, very important. Chugging is what made me nauseated. Chugging is going to cause problems with a stomach because of your surgery. Do not like try to squeeze it all in.

Now, here's what I want you to do the night before, you're going to fill up your water bottle. You can put your additive in there if you want. You can put a little Redmond Real Salt in there, shake, shake, shake, you won't even taste it. Eighth of a teaspoon, something like that. And then this sets at my bedside, I put the lid on, put it at the bedside, get it all good to go.

The minute I wake up, I get out of the bed. I take off my clothes, I weigh myself. After I get that weight, after I go pee. Guess what the next thing is I do: water. Start your water. The minute your weight is recorded, water starts before you drink a cup of coffee. Get one down. Before I even come downstairs, I have a lot of my water already drunk. Super, super important.

You don't wait till 10 o'clock to start your water. You're drinking your water early. Get it started, guys. Very important.

I love this 10 sip trick. So, when you pick up your water bottle, you're going to go 1234 or 5678 910. Little sips, they don't have to be a big one. And then put it down. Don't just take two--make yourself take a few more sips, up to 10. And that will help you go through your water quicker.

Never go anywhere without your water bottle, Code Red Rebels. Don't go to the bank. I don't even go out to feed my chickens without my water bottle. Don't go to the bank. Don't get in your car. Don't go to the grocery store. Don't run errands. Don't run down to the post office without your water bottle at your side. In fact, I have a little hanger in my car. And this hangs right on my seat just like that. Just like that.

Next trick, we talked about having room temperature water, find the temperature that works for you. Also cut out all other beverages. Gastric surgery patients like you and me, we can't be having mocha choca lattes and all this other stuff. And I'd be like a gallon of water and, well, what else are you drinking? Until you get your gallon in, nothing else is on the table. Absolutely nothing else, no coffee, nothing. When you can get your gallon of water in, then you can go back to having those other things.

I can't get my gallon of water in, Cari, but I drank three Starbucks Frappuccinos.

Okay, so next, some people like to get a gallon container like I mentioned earlier, and then they like to just dump it into the smaller cups. That's totally fine. If that helps keep you motivated. Some people like to set alarms on their phone to remind them to drink their water. Some people like to get a water drinking buddy, and then they kind of chat with that person. But it is really, really important that you find what works for you.

The other thing I was going to mention is for some gastric surgery patients, straws are the best way to go. This is just a flip up lid. I love it, I have a million of them. But for some people they do better sipping. So then you can get an adapter for your water bottle that looks just like this where you just flip it up and you can just sip out of it.

So it depends on your stomach and how it works. Some people this angle or this is too much air into the stomach, and that hurts and they do better with a straw. Some gastric surgery patients don't do better with the straw. So find what works for you. I knew a gastric surgery patient that got a beautiful big plastic one gallon container she put lines in there. And she started out with ice water and then throughout the day she could tell her gallon was done, and she was getting coffee at a restaurant. So that works well for her. Find what works for you.

But my biggest tips to you are temperature, timing. Don't wait. Don't chug, and get started early. You can get all this water down each and every day. But it's going to take commitment and it's going to take finding what works for you.

Okay guys, thank you for joining me for lesson number four.