

A woman with dark hair tied back is shown in profile, drinking from a large, clear plastic water bottle. She is wearing a light-colored, short-sleeved shirt. The background is a soft, out-of-focus indoor setting.

Human Garage Hydration Guide:

Mineralization, Great Water & Electrolytes

Hydration isn't just about drinking water—it's about making sure your body can use it effectively. Without the right minerals, clean water, and electrolyte balance, even a gallon of water a day won't save you from dehydration.

This guide breaks down the three key elements of hydration and how to optimize them for peak performance.



1 FOUNDATION OF MINERALIZATION.

Silica & Irish Sea Moss for Hydration at the Fascial & Cellular Level



You're not just hydrating your bloodstream; you're hydrating your fascia, cells, tissues, and organs. The most overlooked mineral for foundational hydration is Silica (from diatomaceous earth) while Sea Moss provides 92 of the 102 minerals in the human body.

Silica: The Unsung Hero of Hydration

Silica (silicon dioxide) is a trace mineral that plays a vital role in tissue hydration and resilience:

- **Better Mineral Absorption** – Silica enhances overall mineral absorption and water retention. This retained water, particularly the type that exists in the fascia (referred to as phase four water), is important for proper cellular signalling and overall hydration.
- **Bone & Joint Health** – Silica enhances calcium and phosphorus absorption, improving bone density and strength. More support means better mobility and hydration in connective tissues.
- **Collagen Production & Skin Hydration** – It stimulates collagen and elastin, helping skin retain moisture, reduce wrinkles, and maintain elasticity. If you want hydrated skin from the inside out, silica is key.
- **Vascular Health & Circulation** – Silica supports arterial flexibility, helping blood (and the hydration it carries) reach every cell efficiently. Poor circulation? Your hydration isn't going where it needs to.

Sea Moss: The Ocean's Multi-Mineral Powerhouse

Sea moss contains 92 out of the 102 minerals your body needs. It's one of nature's most complete sources of trace minerals—meaning it delivers hydration where water alone cannot.

- **Iodine & Thyroid Function** – Your thyroid controls metabolism, which includes how well your body retains and distributes fluids. Sea moss helps keep it running optimally.
- **Electrolyte-Rich** – It naturally contains potassium, magnesium, and calcium, making it an organic way to maintain electrolyte balance (more on that later).
- **Gut Health & Nutrient Absorption** – A well-functioning gut absorbs water and nutrients more efficiently. Sea moss feeds good bacteria in your microbiome, helping your body make the most of what you consume.



Recommended Sources & Special Offers:

- **Fascial Foundation by Human Garage:** Contains silica (diatomaceous earth) and Ashwagandha
- **Irish Sea Moss by Survival Moss:** Freeze-dried Irish sea moss

2 DRINK GREAT WATER.

The Power of Hydrogen for Better Hydration



Not all water is created equal. The quality of the water you drink is just as important as the amount. If your water contains chemicals or lacks structure, your hydration game is weak.

Avoiding Fluoride & Chlorine

- **Fluoride:** While it's touted for dental health, fluoride can disrupt thyroid function, which in turn affects hydration regulation and mineral absorption.
- **Chlorine:** Used to disinfect tap water, but it kills beneficial gut bacteria, potentially interfering with digestion and hydration efficiency.

At the very least, your tap water should be filtered to get rid of all the nasty stuff that comes from your municipal water supply. In addition to chlorine, tap water is known for having varying amounts of lead, pesticides, solvents, etc. There is no substitute for good clean water.

Hydrogen Water: The Next Level of Hydration?

Hydrogen, the smallest and simplest molecule, acts as a selective antioxidant. It targets harmful free radicals while preserving beneficial compounds, reducing oxidative stress and supporting cellular balance. Hydrogen-rich water hydrates at a cellular level, enhances energy production, aids recovery, and boosts mental clarity.

Integrating Hydrogen into Daily Life

Hydrogen-Rich Water

- **Uses:** Ideal for morning hydration, daily water bottles, post-activity refreshment, or as a base for beverages.
- **Methods:** Achieved through hydrogen tablets, portable hydrogen water bottles, water ionizers, or by bubbling hydrogen gas into water.

Hydrogen Baths

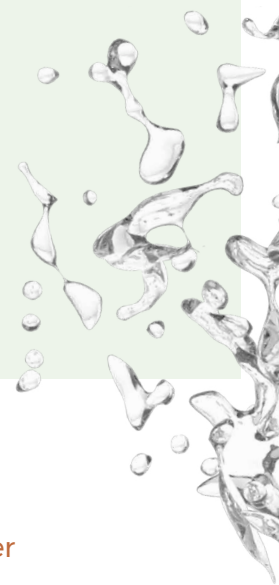
- **Benefits:** Promotes muscle recovery, relaxation, and skin health.
- **Method:** Use hydrogen bath tablets or infuse your bath with hydrogen gas.

Start with hydrogen-rich water as the easiest method to incorporate into your routine. Over time, consider adding hydrogen baths or inhalation based on your family's needs. Consistent use—whether at breakfast, before/after activities, or during evening relaxation—can help maximize energy hydration and overall wellness.



Recommended Sources & Special Offers:

- **Hydrogen Tablets:** Just add one table to your water.
- **Hydrogen Water by Alkaviva (The H2 Water Expert):** Adds hydrogen ions to the water



3 ELECTROLYTES

Don't Fear the Salt.



Proper hydration isn't just about drinking water—it's about ensuring your body maintains a precise balance of liquids and electrolytes. Without this balance, even plenty of water won't be utilized effectively.

The Three Essential Electrolytes for Hydration

Sodium

- Pulls water into your cells
- Maintains proper blood volume
- Helps your body hold onto water in both cells and the vascular system

Potassium

- Works with sodium to balance fluids
- Prevents muscle cramps

Magnesium

- Regulates muscle function and nerve signals
- Supports hydration at the cellular level



Why You Need More Than Just Water

If you sweat, drink coffee, or follow a low-carb diet, you're rapidly losing sodium and potassium. Drinking plain water alone can upset the delicate balance of fluids and electrolytes—sometimes even leading to a condition called hyponatremia (low sodium). That's why electrolytes are essential, especially if you're an active individual or exposed to hot climates.

Timing Is Everything

Hydration starts in the morning. You lose a significant amount of water during sleep, so hydrating first thing—even before your coffee—can help restore balance. In fact, the simple act of weighing yourself before bed and after waking up can reveal just how much water you lose overnight.

Bottom Line

Just as hospitals use a saline solution (a blend of salt and other minerals) to rehydrate patients, supplementing your water with the right electrolytes ensures that hydration is effective and efficient. With the right balance, water stays where your body needs it most, supporting overall health and well-being. Also, for many people, adding some flavor to water makes it more palatable and easier to consume the ideal quantity.



Recommended Sources & Special Offers:

- **Make Your Own Electrolytes:** Add a pinch of sea salt and a squeeze of fresh lemon to a glass of clean water.
- **High-Potency Electrolytes by Insaltd:** 900mg sodium | 300mg potassium | 100mg magnesium, and Sweetened with Glyvia (Fascial Sweet)



Putting It
All Together:

The Hydration Triad

To truly optimize hydration,
you need to combine all three elements:



Electrolyte Balance

Look for sodium, potassium & magnesium to hydrate quickly.



Great Water

Avoid fluoride & chlorine, and consider hydrogen-rich or spring water.



Mineralization

Strengthen tissues and enhance absorption
with silica & Irish Sea Moss.