



Dr. Maggie's Daily Water Challenge

With Steens® Raw Manuka Honey

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THE CHALLENGE

Simply drink 20oz (0.6l) of water mixed with one teaspoon of Manuka Honey every morning before you have anything else! Do this for 10 days and see if you can feel the difference.

This is the perfect start for immunity and digestive support due to the bio-available bee bread, pollen and wax particles, and methylglyoxal found in the UMF Certified Steens Daily Range of raw Manuka Honey.

We've created a Daily Water Challenge Diary for you to note down how you feel throughout the 10 day process, and how well you have been able to stick to the challenge. Don't worry if you don't do so well the first time, just try again for another 10 days!

Remember, this is all about building a healthy habit for life, so it might take a few tries!

Good luck! x



DOCTOR MAGGIE YU

Doctor Maggie Yu is a Holistic and Functional Physician, who specializes in dietary and lifestyle changes for relief of auto-immune diseases.

Her philosophy stems around eating a whole-food diet with as few additives, and refined sugar as possible, as these can be inflammatory on the body's systems and impair healing.

She believes both Manuka Honey and hydration play a huge part in supporting the body's immune system to repair and recover, and her Daily Water Challenge is a simple way to ensure that you stay hydrated and build a healthy habit that will last a lifetime!

Her recommendation is simple in theory, but not so simple to stick to, which is why she recommends her 10 day Challenge to build a foundation for your daily water drinking habit.

[Join](#) Dr. Maggie's facebook group to find out more.



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Have you had your glass of Manuka Water?

How did you feel when you woke up?

What other supplements did you take?

How did you feel throughout the day?

Did you feel a reduction in symptoms?

How did you feel in the evening?

How much water did you drink today?

	Have you had your glass of Manuka Water?	How did you feel when you woke up?	What other supplements did you take?	How did you feel throughout the day?	Did you feel a reduction in symptoms?	How did you feel in the evening?	How much water did you drink today?
day 1							
day 2							
day 3							
day 4							
day 5							

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day 6							
day 7							
day 8							
day 9							
day 10							

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