



Steens® Daily Water Challenge Diary

Recommended by
Dr. Maggie Yu, MD.



@steensmanukahoney
Share your #steensdaily pics & stories!



Sign up for healthy wholefood recipes,
manuka discounts and wellness tips

STEENSHONEY.COM



The Steens® Daily Water Challenge recommended by Dr. Maggie Yu.

THE CHALLENGE

Simply drink 0.6l (20oz) of water mixed with one teaspoon of Manuka Honey every morning before you have anything else! Do this for 30 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 30 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 30 days.

Remember, this is all about building a healthy habit, 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, preservatives and refined sugar as possible, as these can be extremely inflammatory on the body's systems and can 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 30 day Water Challenge as a way to build a foundation for your daily water drinking habit.



steenshoney.com

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 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 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							
day 6							
day 7							
day 8							
day 9							
day 10							

Sign up for healthy wholefood recipes, manuka discounts and wellness tips



steenshoney.com

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 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 reduction in symptoms?	How did you feel in the evening?	How much water did you drink today?
day 11							
day 12							
day 13							
day 14							
day 15							
day 16							
day 17							
day 18							
day 19							
day 20							

Sign up for healthy wholefood recipes, manuka discounts and wellness tips



steenshoney.com

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 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 reduction in symptoms?	How did you feel in the evening?	How much water did you drink today?
day 21							
day 22							
day 23							
day 24							
day 25							
day 26							
day 27							
day 28							
day 29							
day 30							

Sign up for healthy wholefood recipes, manuka discounts and wellness tips