

The Daily Fluid & Swelling Reset Checklist

Your 1-Page Guide to Flushing Excess Water Retention & Supporting Joint Comfort

Sudden swelling and joint heaviness are often triggered by hidden dietary irritants that cause your body to trap water. Use this daily checklist to avoid common triggers and choose body-safe alternatives to feel lighter and more comfortable.

STEP 1: Eliminate the Common Triggers (High Swelling Risk)

- **High-Glycemic & Gluten Grains:** Avoid standard wheat breads, traditional pastas, and white rice, which can cause rapid swelling and joint pain within hours.
- **High-Oxalate Foods:** Limit heavy oxalate contributors (like spinach, almonds, beets, and soy) to keep your total daily oxalate intake under 90mg to protect your joints.
- **High-Histamine Foods:** Avoid aged cheeses, cured meats, fermented foods, and wine, which can trigger an inflammatory fluid response.

STEP 2: Swap for Body-Safe Alternatives (Low Inflammation)

- **Safe Breads:** Choose sprouted grain breads or Ezekiel bread, which are much easier on the system and do not trigger a swelling flare-up.
- **Smart Rice Choices:** Completely skip white rice (which can cause severe digestive discomfort). Instead, use brown rice in moderation—keeping it to 3–4 days a week to prevent hand swelling.
- **Low-Oxalate Greens:** Swap spinach for low-oxalate alternatives like kale, lettuce, or cabbage.
- **Fresh Proteins:** Stick to fresh, un-aged meats and freshly caught fish to keep histamine levels low.

STEP 3: Daily Fluid Flush Protocol

- **Morning Hydration:** Drink 16 oz of filtered water right after waking up to kickstart lymphatic drainage.
- **Track Grains:** Log your brown rice intake to make sure you stay within the safe 3–4 day weekly limit.
- **Check the Oxalate Cap:** Keep a mental tally of meals to ensure you stay comfortably below the 90mg daily threshold.
- **Movement:** Commit to 10–15 minutes of gentle walking or stretching to pump fluid out of your lower extremities manually.