

Forum:[Hack Forums](#)

Thread: [Sobriety](#)

Capps - July 30, 2025, 8:50 am

The sober life is great, but then water was found and now I feel like a water addict.

Drink one piss one! 24/7

Healthy asf!

Blood donations every 56 days at Arkansas blood institute.

Omniscient - July 30, 2025, 10:44 am

Not sure how healthy you are but I had issues with hydration. I would drink water but it's not always enough. So I bought some electrolytes from Amazon and it fixed my problems (was experiencing cramping). Now I get flavored drinks, zero sugars, and all the electrolytes my body needs.

This is what I get:

<https://www.amazon.com/Ultima-Hydrating-Electrolyte-Gluten-Free-Magnesium/dp/B01IIGQ5KG/>

Capps - July 30, 2025, 10:48 am

(Jul 30, 2025 10:44 AM)Omniscient Wrote: [\[CITE\]](#) Not sure how healthy you are but I had issues with hydration. I would drink water but it's not always enough. So I bought some electrolytes from Amazon and it fixed my problems (was experiencing cramping). Now I get flavored drinks, zero sugars, and all the electrolytes my body needs.

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wow dude, just looking at the Amazon link brought up a clean peaceful flick of a counter top instantly. technology has definitely advanced our lives.

oh but also- just got confirmed to transfer the potted lemon tree into garden outside, it has outgrown the pot we started it in.