

B THE NEWSLETTER

A Monthly Edit: By Lia Bartha



Welcome Back

By Lia Bartha

It is a pleasure to share our second issue of B The Newsletter! Your feedback has fueled the content and curation of this one, as they will continue to for all issues to come. So for that, I want to thank each and every one of you. Our open and honest conversation shapes what we do, and how we do. You inspire both myself and B The Method, as I hope my content, workouts, and this newsletter serve the same to you.

Last month, we spoke about Vitamin D, why we need it, and how we can actively maintain it daily. I hope you all have been soaking in that sunshine while being mindful of adequate skincare and nourishment. I have been very actively focusing on spending more time outdoors whenever I can to soak in the nutrients from the sun and breathe the fresh air. It has such a beautiful and immediate impact on my overall mood and I am sure it will do the same for you.

With more time spent outdoors, it seemed very appropriate to have this issue focus on Hydration. For anyone that follows me, you know of my commitment to staying hydrated. My daily reminders are just as much for me as they are for you. I hope you enjoy this issue! Maybe you will even compliment your read with a glass of iced cold water?

[Cover photo by: Nikki Simon](#)

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The Focus

Hydration

When you hear the word hydrate, water is probably the first thing that comes to mind, so let's dive in.

Water is THE natural replenisher to optimize your overall health and wellbeing. The human body is composed of 60-70% water, and nearly all of our major organ systems depend on it. When you don't consume enough water, you become dehydrated. This can lead to fatigue, lack of energy, headaches, dizziness, and low blood pressure. So, how do we know when we're dehydrated? We certainly will be thirsty, but by then we are already somewhat dehydrated. Instead of chugging a glass of water when you know you're in need, it's better to get ahead and constantly replenish throughout the

day. This proactive approach can minimize those unwanted symptoms of dehydration!

Water is an essential ingredient for achieving your best self. Your mind, body, and spirit all depend on adequate intake for mental stimulation, focus, energy, hygiene, organ functionality, and physical performance. So make sure you always have a big glass staring at you as a reminder.

Summer is the season of outdoors, and we are naturally more on the go than we were earlier this year. As the heat and humidity continue to rise, it is vital to keep hydrated in order for our bodies to function properly, and for us all to feel, give, and express our 100%.

Hydration For:

the skin



[Necessaire: Body Serum & Lotion](#)

the lips



[W3ll people: Nudist Lip Butter](#)

the hair



[Playa Beauty: Ritual Hair Oil](#)

the face



[Lala Retro: Whipped Cream](#)

the refresh



[Linné: Refresh Face Mist](#)
Use code LIAXLINNE for 15% off!

The Essentials

My go-to topical products to maintain hydration of the body

The amount of daily water intake depends on your environment and specific bodily needs. Notwithstanding weight, height, medical history, and how active you are. Whether it's a glass at your workstation or water bottle on the go, it is best to keep water accessible to mindfully hydrate throughout the day. When I am home all day, I keep a large mason jar nearby and try to fill it to the brim 3x per day: first thing in the morning, lunchtime, and pre-dinner. This "plan" helps keep me on track everyday!

Skin and hair care also depend on proper hydration. Skin is our largest organ, with cells primarily made up of water. It suffers when deprived, just like the rest of your bodily functions. I know we all have dealt with dry lips too, which arguably is hard to handle until it is taken care of! Your hair is also affected when your body is low on fluids, as it can become weak and prone to breakage. Hydrating on the inside is the most important, but it is necessary to hydrate on the outside too when your body needs it. To the left are some of the products I use to keep my body hydrated!

The Pantry

Water-rich recipes and favorite ways to stay nourished and hydrated

Consuming just enough water isn't enough for you to thrive, so even when you think you've had enough, have just a little bit more. You can never go wrong with a glass of plain, old ice cold water. But for those that find it a bit challenging to consume in large amounts of just too boring (me, half of the time), consider a glass of flavored water with fruits and vegetables to liven them up.

I strive to have a glass of water first thing in the morning (yes, before my coffee but chugging quickly so I can get to that caffeine goodness). It offers a cleanse

and wakes me up as I start my day. Once it's time for my coffee, because a day for me doesn't go by without it, I always add coconut water and/or collagen for extra hydration, plus it adds a little bit of sweetness too.

Your body also happens to absorb water from the foods you eat! You might be surprised how simple it can be to integrate water-rich foods into your diet, especially since the warm weather makes them a light and refreshing choice!

I am so excited to share a personal favorite and water-rich recipe I whip up in the summertime along with hydrative products that are staples in my home pantry.

Refreshing Watermelon Salad



Ingredients:

- 1/4 - 1/2 cup balsamic vinegar
- 1 seedless watermelon
- 1/4 cup mint leaves
- 1/2 thinly sliced red onion
- Crumbled goat cheese (my favorite is Meredith Dairy Goat and Sheep cheese in oil)
- Optional: Bed of arugula

Directions:

- To make the balsamic reduction, add the balsamic vinegar to a small saucepan. Bring to a low boil over medium heat until it reduces by half. Takes about 6 minutes or so but keep your eye on it for timing. It should be slightly thicker than before.
- Chop the watermelon into small chunks and combine with the mint and red onion.
- Top with goat cheese and drizzle with the balsamic reduction.
- Serve on a bed of arugula if you want some extra leafy greens!

Hydration Starter Kit



[SOMA: Glass Water Bottle](#)



[Waterdrop: Glow Drops](#)
Use code LIA15 for 15% off!



[Moon Juice: Collagen Protect](#)
Use code liabartha15 for 15% off!



[Taste of Nirvana: Coconut Water](#)

Flavor your water with these fruit & veggie combos!

fruits

- Watermelon & Basil
- Strawberries, Lime, Kiwi
- Pineapple, Mango, Ginger

veggies

- Cucumber & Mint
- Lemon & Lime
- Celery, Lemon, Ginger



The Movement

Featuring community member Martha Hunt

I am so glad to feature community member and close friend of mine, Martha Hunt, in this issue. Martha is a huge advocate for scoliosis and has been moving with me for a long time now. For those of you who don't know, she has a fused spine and has tremendously benefited from B The Method in so many ways, which we discuss in this issue's Q&A.

June is National Scoliosis Month and I am so excited that Martha has shared with us her scoliosis story, overcoming her challenges, and advice for those early in their journey.

In addition to this issue, Martha will be joining me in an Instagram live Tuesday, June 8 at 12pm EST to dive a little deeper into this conversation and answer any and all questions you have.

Q: Could you share your scoliosis journey with our community? Every story is so unique and I know that bringing awareness will really help anyone who is going through something similar.

A: I found out I had adolescent idiopathic scoliosis (abnormal curvatures of the spine) when I was around 14 years old. I had mild curvatures then, but unfortunately a brace was not recommended to me to help prevent my spinal curves from progressing. The degrees of the curvatures increased significantly over the next few years, and I had spinal fusion surgery to help straighten my spine at age 18.

Q: What have been some of the biggest challenges you have faced and how have you overcome them?

A: I had started modeling around the same time I found out I had scoliosis. As my scoliosis progressed more, clients would pick out some of the physical asymmetries that came with the condition. After having my spinal fusion surgery, modeling full time became a more realistic career opportunity for me, but moving to New York to pursue a career while still recovering from a life-altering surgery presented a new set of challenges and demands. I had to adjust to my new body and slowly strengthen myself over a long period of time. I had new insecurities about not feeling strong and confident in my own body. Although my scoliosis had improved, it wasn't perfect, and clients and agents still made comments about my

Martha's favorite B The Method scoliosis-friendly workouts!

[15 Minute Planking Series](#)

"This plank series is a great way to engage all of your muscles and avoid potential spine mobility barriers."

[30 Minute Express Series #9](#)

"Stretching out through the arms helps open up my thoracic spine while strengthening the lats. The abdominal exercises here use a ball to protect your thoracic spine."

[60 Minute Classic Series #8](#)

"I love all of the challenging plank work that keeps your back in a neutral position and the spinal articulation between pikes."

[60 Minute Classic Series #12](#)

"Gets every muscle shaking! Lia does a great job reminding you of correct form throughout, like keeping your shoulders back and core engaged."

body. Exercising became a way for me to overcome these insecurities. I knew scoliosis was something I would never entirely fix but taking care of my body was something I could control. It helped me feel like the best version of myself regardless of unsolicited opinions, and that improved my confidence for when the right opportunities eventually came my way.

Q: What advice do you have for someone in the early stages of their scoliosis journey?

A: Certainly exercise is a big one. I wish I had been more aware of it when I found out I had scoliosis! Nowadays there is so much more transparency and information accessible to those looking to strengthen their bodies and muscles that support the spine. It's important to remember scoliosis is different for everyone; from where your curves are and where they could be rotated, to how significant they are. It's best to learn how scoliosis affects your body, and if it's ok with your doctor, find exercises to strengthen the areas you need to compensate for. My thoracic right and lumbar left sides are stronger, while the opposite sides are overstretched. Strengthening your core and getting your body moving is a great start! If you're dealing with treatment options, remember it's a small price for your long-term health!

Q: How has movement improved your mobility and strength?

A: Mobility exercises help tap into locked up muscles. If I feel like I can't tap into a deep muscle at the beginning of a class, I usually can by the end. I always look to strengthen and stretch at the same time. If I don't work out for a long period of time, I feel it in my back first, and additionally get tight hips or hamstrings as annoying reminders! It's incredible how connected the body is - it's important to keep tuning it for everything to work in harmony. Movement is everything! Luckily B The Method covers everything I look for and it's low impact.

Q: Is there anything else you would like to share with our community?

A: I teamed up with spine surgeon Dr. Sariah Khormae MD, PhD to work on research aimed at improving scoliosis care, and we've been working on building our non-profit together. Last year, I launched Inégal as a brand that brings awareness to the condition and raises funds for our research!

Q: It is very inspiring to see you devote so much of your time to normalizing and bringing awareness to scoliosis. Not a question here, just a thank you.

A: Thank you for bringing awareness to the condition and helping normalize it!



To learn more about Martha and her non-profit, Inégal, visit <http://inegal.co> and her Instagram account, [@marthahunt](https://www.instagram.com/marthahunt)

Coming Up This Month

- Friday 15 minute Instagram lives this month will focus on alignment! Tune in Friday's at 12pm EST, IGTV, and the B The Method App
- Tuesday, June 8 at 12pm EST - Instagram live chat with Martha Hunt
- Tuesday, June 15 - I will be on the premiere episode of Season 2 of The Uprooted Podcast on [Spotify](https://www.spotify.com) where I chat all things B The Method
- Monday, June 21 - Instagram live class for [Nili Lotan](https://www.instagram.com/nili.lotan) x Champion

WE'D LOVE TO HEAR FROM YOU

This newsletter is for our community, by our community.
Send us a message with any questions, comments, and feedback.

JOIN OUR AFFILIATE PROGRAM!
Interested in being part of our program? Email us to chat.

hello@bthemethod.com

