Early to Rise Customer Support

I cannot tolerate drinking a lot of water.

Kerri -- ETR Customer Support - 2020-02-20 - Nutrition FAQs and Substitutions

We believe that each one of us has individual and various needs for nutrients- water included. If your body is signaling that too much water does not feel good, than please do not force it. You may be getting enough water by eating fresh fruits, vegetables, broth based soups, and drinking a normal amount of water. Or you may find that a small increase in water intake is tolerable. Respect your body's signals and you will be just fine.