

Water

The human body is about 75% water. Water is one of the most common and essential compounds in the body. It is both a life-sustaining and life-giving substance that is required for every living function and structure. Without sufficient water on a regular basis the body soon becomes dehydrated. This affects energy, health and longevity.

The body is constantly losing water. This water needs to be replaced on a daily basis. Dry mouth or thirst are NOT adequate signs of dehydration. The need for water is constant even if you don't feel thirsty.

How much water do you need?

Use this simple formulae to calculate how much water you need to drink. Divide your body weight (in pounds) by 2. This equals the number of ounces of water you need daily. A normal glass is approximately 8 ounces. For example, if you weigh 160 pounds you need to drink 80 ounces or 10 glasses of water per day.

THE FOLLOWING FACTORS INCREASE THE AMOUNT OF WATER YOU NEED:

- 🍷 Exercise
- 🍷 Altitude, heat, and low humidity
- 🍷 Pregnancy and breast-feeding
- 🍷 Coffee, tea, pop and alcohol
- 🍷 Diarrhea or fever

Benefits of Drinking Water

- 🍷 Stimulates the movement of the colon first thing in the morning.
- 🍷 Aids the body in eliminating and flushing out toxins through the urine, sweat, breath and feces.
- 🍷 Assists the body in the absorption and metabolism of nutrients from food.
- 🍷 Water is essential for energy production for every cell in the body.
- 🍷 Assists in the regeneration of cells, tissues and organs.
- 🍷 Assists in the breakdown of stored fat and decreases excess weight by reducing appetite.
- 🍷 Prevents premature aging and skin sagging.
- 🍷 Assists in regulation of body temperature.
- 🍷 Supports and improves the movement of joints.

Signs of Dehydration

- 🌿 Loss of energy, vitality and drive.
- 🌿 Memory problems and dulled thinking.
- 🌿 Decreased immune function and ability to fight disease.
- 🌿 Problems with digestion and metabolism.
- 🌿 Joint problems, arthritis and back pain.
- 🌿 Heart and circulatory problems.
- 🌿 Headaches, muscle pain, nerve pain.
- 🌿 Sunken eyes.
- 🌿 Premenstrual or menopausal symptoms.
- 🌿 Impotence or erectile dysfunctions.
- 🌿 Depression, anxiety, irritability and insomnia.

Pure Water

- 🌿 Use pure, natural water. Although there is water in food and drinks, the best source of water is natural drinking water.
- 🌿 Milk, tea, fruit and vegetable juices are treated in the body as food, not water. Your daily glasses of drinking water are over and above other food or drinks.
- 🌿 There are many different types of water: reverse osmosis, filtered, spring water and regular tap water. All of the various types of water listed above are considered natural water.
- 🌿 Spend some time looking into the different types of water to determine which one is best for you.

When to drink water?

- 🌿 Water should be consumed between meals, not while you're eating. Drink water 1/2 hour before meals to aid the body in digestion.
- 🌿 Drinking while you eat will dilute the digestive juices needed to adequately breakdown food.
- 🌿 Start drinking about 1 1/2 - 2 hours after eating to complete the process of digestion.
- 🌿 Drink additional water during and after any activity that depletes water or if you have been sweating or exercising.
- 🌿 Reach for water at the first sign of stress, pain, headache, anxiety or discomfort to assist your body in adapting more quickly and easily.
- 🌿 Increase your daily consumption of water to assist in recovering from any chronic or obstinate illness.
- 🌿 Drink whenever you are thirsty.

Work with your Naturopathic Doctor

- 🌿 to assist you in identifying your optimum amount of daily water consumption
- 🌿 to identify and address any signs of dehydration
- 🌿 to identify specific naturopathic treatments that can support you in addressing your health concerns.