



Are you drinking enough Water?

February 11, 2018 by Debbie L. Belair | 1 Comment

If you have health problems, please read this post. There are some myths around water and how much you should drink. New Science has revealed some truths about water.

ITS WORTH IT

*You can be fit
and healthy at
any age.
People are now
staying Fit*

DISCLAIMER

Please note that the information on this site is meant to enhance wellness and is not a substitute for health care.

Do You know?

New science has discovered that many of the chronic related illnesses may be improved or even eliminated by drinking more water. Water is now considered a source of energy for the body, but this has been overlooked in the past.

Dehydration shows up long before we are thirsty, especially as we get older. Dr. Batmanghelidj author of *Your bodies many cries for Water*, says that your body's thirst mechanism tends to malfunction after the age of 20. The result is that you can be chronically dehydrated. The bottom line is that the body's system and organs become chronically dehydrated and can't function properly. Medical research also shows that "dry mouth" is not a reliable indicator of the bodies need for more water. More information is available at www.watercure.com.

Is eight 8 ounces of water enough?

This is a common myth. Roberta H. Anding of Louisiana State University works with professional athletes. She explains that for some the commonly recommended myth is too much for some, and not enough for others. How much water your body requires depends on your body composition, your health, and your activity level. If the weather is very hot or very cold the body becomes more prone to dehydration.

Scale weight before and after activity in hot weather are the best indicators that you are dehydrated. If you lose more than two or three pounds on the scale then you are dehydrated. If you are exercise more than an hour in the heat you should be drinking a sports drink to replace electrolytes and sodium. Orange and tomato juice are good are good replacements.

longer, and with the right information you can too.



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Did you know that flying in an airplane depletes the body's water reserve? The reason is pressurized cabins. This might be one reason you get so tired after long flights. If you fly often you need to drink more water.

Why do we need so much water?

- The human body is 75% water and the brain is 85% water.
- Water serves as a transport vehicle for cellular functions.
- Water is a holding media for getting rid of heat.
- Water lubricates joints and helps reduce pain.
- If you take pain medication, your thirst mechanism is compromised.
- Dr. Batamghelidj says that increasing our water intake is one of the best ways to prevent many chronic conditions, especially digestive problems.
- Chronic dehydration reduces blood volume and can contribute to high blood pressure.

Make sure the quality of the water you drink is Good

Your water should be free of toxic chemicals and bacteria contamination. The pouring of toxic wastes into rivers and lakes makes it difficult for governments to guarantee water quality. Aging water pipes should be monitored regularly to ensure that traces of lead are not in the drinking water.

Most tap water is safe. If you are like me, and you don't like the taste... or you worry about the effects of chlorine and fluoride you can let the water stand for a few hours. If you can afford filtered water there are advanced water systems on the market. I like Nikken's Pi Mag water system. It has balanced nutrients and is PH balanced. Check out www.nikken.com/johnschlapbach for more information.



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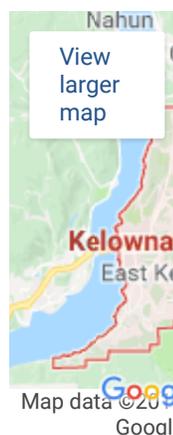
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