

Water Tips to Maintain Your Health

by Hank Innerfeld Nov '07

Water is critical to all life on our planet. Yet, water is often overlooked or taken for granted by so many in our society. Next to oxygen, water is the most necessary element for life. You could live for weeks without food but only a few days without water.

Water is vital in maintaining our body functions. Water acts as a solvent, coolant, lubricant and transport agent. Besides keeping the body temperature stable, water carries nutrients, eliminates toxins and waste products, maintains blood volume and provides the environment in which cellular chemical-reactions take place. Water lubricates joints and acts as shock absorbers inside the eyes and spinal column.

The amount of water in your body varies with body fat. Water, as a percentage of body weight, is higher in lean individuals due to the nearly water free characteristics of fatty tissue. Various sources report the average adult body ranges from 50 to 75 percent water -- that's roughly *45 quarts!* Lean muscle tissue contains about 75% water. Blood contains 83% water, body fat contains 25% water and bone has 22% water. The human brain is about 75% water.

Did you know?

- * One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University study.
- * Lack of water is the #1 trigger of daytime fatigue.
- * Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- * A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.
- * Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is only 50% less likely to develop bladder cancer.

Benefits of good hydration include:

- Greater overall energy
- Clarity of mind throughout the day
- Improved sleep patterns
- Weight-loss
- Bowel regularity/elimination of constipation
- Improved complexion and skin tone
- Increased stamina
- Reduced stress

Are you drinking the amount of water you should everyday?

Your body is processing water continuously throughout each day. Through just talking, breathing, perspiring and normal elimination... water is routinely consumed and released. A guideline for just replacing that water your body uses... is for every 50 pounds (or portion thereof) of body-weight, your body requires replacing one quart of water per day. To go beyond just replacing that which is used and provide the body the ability to cleanse-out toxins, you need 1-1/2 quarts of water for each 50 pounds (or portion thereof) of body weight.

It is possible, but very rare, for a healthy person to drink too much water to the point of toxicity. With adults this can occur in the 3-1/2 to 5 gallon range. Even if you drink a great deal of water, there's no danger of flushing nutrients out of your body - or excess calories, for that matter. Nutrients dissolved in water are absorbed into the bloodstream from the digestive tract, long before the water goes to the kidneys for excretion. It is recommended to include some potassium in your diet (i.e. bananas) for maintaining your sodium/potassium electrolyte balance.

The following is an example of how much water you need per day:

Weight 100-150 lbs. 3 quarts (96 oz) to replace what you use each day
(without exercise)

4-1/2 quarts (144 oz) to cleanse (release toxins)

Weight 150-200 lbs. 4 quarts (128 oz) to replace what you use each day
(without exercise)

6 quarts (192 oz) to cleanse (release toxins)

Please Note:

Tap water contains chlorine, which kills both beneficial and harmful bacteria in the body. It is recommended to drink purified, filtered or spring water.

Get in the habit of drinking water at room temperature rather than iced/cold water. This prevents temperature-shock to your digestive system which slows your body's digestive process.

I encourage you to make a conscious choice to honor your body with sufficient water to allow it to cleanse, so you can experience a more vital and healthy overall life-experience.

Here's to your health!

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