

# Importance of Water

- Water is the simplest way to improve our health. Although many people are aware that our bodies require a lot of water, for most of us it remains one of the hardest facets of achieving or maintaining a healthier lifestyle.
- Water makes up more than two thirds of the weight of the human body, and without it, we would die in a few days. The human brain is made up of 95% water; blood is 82% and lungs 90%. A mere 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic math, and difficulty focusing on smaller print, such as a computer screen.
- An estimated seventy-five percent of North Americans have mild, chronic dehydration. Pretty scary statistic for developed countries where water is readily available through the tap or bottle.
- We need water for all of our biochemical functions in our bodies.
- Often times when we are hungry, we are actually thirsty. So it is a good idea to drink a big glass of water when you have an initial hunger pang. Thirst is a sensation that can be easily 'cheated'. That's why dehydration may not cause immediate thirst. You may be dehydrated without being thirsty. When you're thirsty, you're already dehydrated. Dehydration and thirst are more connected when you practice sports.
- Water regulates our cardiovascular function and body temperature. For example, sweating regulates cooling and when our body is dehydrated, this doesn't work properly.
- When we are appropriately hydrated, our blood is thinner and therefore allows for nutrients, hormones and oxygen to be efficiently distributed throughout the body.
- Water is essential for the detoxification process and when you are losing weight you need this process even more than usual as toxins are stored in you fat.
- Symptoms of dehydration according to the author of Your Body's Many Cries for Water:
  - Fatigue or Tiredness –not resulting from strenuous work
  - Feeling flushed
  - Feeling irritable or easily angered
  - Feeling anxious without just cause
  - Feeling Depressed
- When we exercise, there is an increased need for water. Before you exercise (about 2 hours), you should drink an extra 500ml of water and you should consume 150- 350 ml every 15 to 20 minutes during exercise to prevent dehydration. An adult needs one extra liter of water for each hour of exercising.
- When you drink coffee, tea or alcohol there is an increased need for water. For every poor beverage choice, you should replace it with at least one extra glass of water.
- Water improves the look of our hair, skin, eyes and muscle tone.
- Many people are concerned about having to run to the bathroom too often. Do not be concerned, your body will adjust. In the beginning you will need to urinate frequently, but after about one week you will find that holding more urine is possible without having to go to the bathroom as much.
- A good test to know if you are getting enough liquid is the color of your urine. If it is dark yellow, you need more liquid. You need to make sure that your urine is clear and pale in the morning and in the evening.
- Aging skin loses water. Hydrated skin is smoother and healthier. Water feeds the skin and cleans the body of toxins, that's why hydrated skin looks healthy and shiny.
- Water has no calories. Drink water before eating, and it will decrease the sensation of an 'empty stomach', the hunger sensation. Do not drink water after eating! Water dilutes the digestive juices in the stomach.
- Regulate your bowel and urinary functions. This may not be the most popular subject, but it is one of the most important. Maintaining a healthy colon health is imperative for a long, happy and healthy life. Water helps to alleviate constipation by moving food through the intestinal tract and thereby eliminating waste.
- Water forms the fluids that surround the joints and can serve as a lubricant.
- Since water is such an important component to our physiology, it would make sense that the quality of the water should be just as important as the quantity. Drinking water should always be clean and free of contaminants to ensure proper health and wellness.