

# Why Drink Water?



- Increase your vitality
- Improve your well-being
  - Extend your life
- Enhance your health

**Make it a habit to drink water throughout your day!**

## Why Drink Water?

Water is truly the *elixir of life!* Proper daily intake of water is essential for maintaining good health. Water is required to keep every part of the body and virtually all of its processes in working order. It is the primary source of cellular energy. It activates nerve endings and skin sensors, and it provides antioxidants that flush free radicals out through the kidneys.

Water keeps our weight in check, revitalizes dull skin, regulates body temperature, helps digest, removes harmful salts and wastes, lubricates our joints, moistens mucous membranes, provides a valuable source of minerals like calcium and magnesium, and carries oxygen and nutrients to our cells.

Adequate water consumption must become a conscious act because the human thirst mechanism is unreliable – we only get thirsty AFTER we've become dehydrated. Daily intake of water is critical, as the body can not store excess water – it will simply shift water from one place to another if there is not enough.

Water helps us maintain proper muscle tone and gives muscles their natural ability to relax and contract. It prevents sagging skin and helps the complexion appear clear, healthy and radiant – at any age. Finally, water is convenient *and* inexpensive!

## Water Facts

- Most Americans are chronically dehydrated. Scientific research tells us that 75% of us don't drink enough water daily to ensure lasting health.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Water is considered the most important nutrient to our bodies – which are made up of 60-65% water. Lean muscle is 70-75% water, bone is 25% water and fat is 22%.
- When you do aerobic exercise, you lose water 285 times faster than when you are at rest.
- Lack of water is the #1 trigger of daytime fatigue.
- Losing just 5% of body fluid can cause headache pain, fatigue, confusion, forgetfulness and an elevated heart rate.
- Preliminary research indicates that drinking 8 – 10 glasses of water per day can ease back and joint pain for up to 80% of sufferers.

## What Can Happen To Me Without Enough Water?

Some of the signs of dehydration are immediately noticeable, such as dryness of the mouth/eyes/nasal passages, fatigue, mental slowness or dizziness, muscle cramping, headache or loss of appetite. Another way to notice if your body is dehydrated, is the color of your urine – it should be clear or only slightly yellow. A deeper shade indicates that you're falling behind in water consumption.

But the more profound, long-term impacts and symptoms of chronic body dehydration include: sagging skin, dry and itchy skin, extra body weight, constipation, acne, nose bleeds, repeated urinary tract infections, dry and unproductive coughs, constant sneezing, sinus pressure, kidney stones, and recurring headaches. Without adequate water in the body, tissue can not be formed or repaired and very few chemical reactions can take place.

## Where Does All That Water Go?

Every cell in our body needs water as nourishment and to remove toxins and waste. The body will act out against water scarcity by limiting the water it expels in breathing, mucous production, urination, perspiration and bowel movements. Without water, the cellular and metabolic wastes our body produces get "stuck" inside us – impacting our well-being and potentially creating disease.

Each day, we lose 3 – 4 cups of water as we breathe. Our lungs require humid air to work effectively. In winter, with forced hot air and wood stoves, as much as another 2 – 3 cups of water is lost in our systems through simple respiration. The body uses the mucous membranes lining our nasal passages and the bronchi to moisturize the air before it hits our lungs. With reduced water in our system, the mucous lining becomes drier and the lungs become irritated – causing them to become more reactive to dust, mold, smoke and other irritants, and less resistant to viruses and bacteria. The result can be sinusitis, bronchitis, nose bleeds, dry coughs, and an increase in allergy symptoms.

A lack of water in our systems not only effects our lungs, but also impacts all the mucous membranes in the body such as the digestive system. Medical research indicates that chronic dehydration may lead to constipation, irritable bowel syndrome, and increased risk of hemorrhoids and colon cancer.

We all lose water through urination – a required function to remove various toxins from the body. Increased water intake is not hard on our kidneys. This is only the case for those with uncommon kidney problems. When the body does not have enough water to remove water soluble toxins through urine and the bowels, the toxins and chemicals must be eliminated through the skin – causing acne and aggravating eczema and other chronic skin conditions.

**Permanent Weight Loss & Water**

Water is usually mentioned as the single most important catalyst in losing weight and keeping it off. Water suppresses the appetite naturally and metabolizes stored fat.

Studies show that a decrease in water intake can cause fat deposits to increase, while an increase in water can actually reduce the fat deposits in the body. Without enough water, the kidneys do not function properly, recruiting help from the liver. This reduces the liver’s ability to metabolize stored fat (its primary function) and therefore fat remains stored in the body and weight loss will stop.

Many people fear “water weight” and assume it is a sign that they should reduce their intake of water. The opposite is true! When the body fears dehydration, it stores water in between tissue and outside cells, causing swollen feet, hands and legs. The best way to overcome excess water retention is to give the body plenty of water.\*

Water is critical to prevent the sagging skin that can accompany weight loss. Drinking plenty of water can flush wastes from the body as toxins are being released from the fat cells. The body will not metabolize stored fat without water. Increase your water intake and notice a loss of hunger – almost overnight!

*\* See your physician prior to beginning any change in your water intake if you have a chronic medical condition.*

**Water and Your Skin**

The surface of our skin is a thicker tissue than the interior tissues of the body. The water we ingest hydrates our skin from the inside, out. It must seep up through all the strata of skin to reach the outside layer – like a plant that must absorb water through its roots. The outside of our skin constantly loses water due to environmental factors like sun, wind, hard water and chemicals.

If the body is dehydrated, the circulation to the exterior skin may be shut down to avoid evaporation through the skin’s surface. If circulation to the base of the skin is shut down, we develop gray skin. Next, the cells of the skin gradually lose structure and go from a grape-like state into a raisen-like sate. Chronic dehydration shows in the face with wrinkles, lines and furrows. Proper water intake on a regular basis can prevent or reverse this process of dehydration. Fully hydrated skin has increased circulation that results in a rosy, healthy and youthful complexion.

**How Much Water Should I Drink?**

The simplest formula is to divide your weight in half to determine how many ounces of water you need to drink daily.

Example: 150 lbs/2 = 75 oz or 9 glasses

However, in addition to the regular water quantity you drink, additional water intake is necessary if one or more of the items listed below applies to you:

<b>Situation</b>	<b>Additional daily H2O intake–in 8 oz glasses</b>
To lose weight	+1 glass/day for each 25 lbs you are trying to lose
If you exercise	+1 glass for each 30 minutes of exercise
During winter, if you spend most of your day indoors and during the hottest summer days	+ 2 glasses/day
If you are pregnant	50% more water daily than when not pregnant

- If you are traveling in an airplane
- If you are over 65
- If you are at high altitude, which combines low humidity and deeper, more frequent breathing
- If you’ve had the flu, a cold, or other illness
- If you are under excessive personal or professional stress

**But I Drink Fluids All Day**

Fluids and water are two completely different things. For example, alcohol and caffinated coffee, tea and soda all act as a diuretic and will actually increase the symptoms of body fluid loss. You need to drink one 8-oz. glass of water for each glass of wine or alcohol, and for each cup of coffee or black/green tea you drink. Fruit juice have concentrated sugars that requires the body to pull water into the digestive system and therefore remove it from other tissues who need water’s lubrication. If you must drink a flavored beverage, try one of these options:

- Diluted fruit juice – 2/3 water+1/3 juice
- Decaffeinated herbal tea
- Water with a slice of lemon or lime

## What About Water-Laden Foods?

Consuming fresh, high-water content foods such as fruits and vegetables, can help you meet part of your daily intake of water.

Food	% Water
Cucumbers	96
Iceberg lettuce	95
Cantaloupe	94
Fresh tomatos	93
Fresh broccoli	91
Raw carrots	88
Grapes	81

## Tips to Get Your Water Intake

- Spread out your water intake throughout the day.
- Drink water instead of other beverages
- Use a refillable water bottle or glass and take it with you wherever you go
- Keep track of how much water you drink each day (Put 4 rubber bands around a 16-oz. water bottle each morning. Remove one band each time you refill the bottle.)
- Drink before you get thirsty!
- Drink water with your meals and snacks
- Drink water BEFORE your meal or snack – sometimes we mistake thirst for hunger
- Drink a full glass of water after you stop in the bathroom.

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245 West 100 South  
Heber City, UT 84032  
435-654-2532  
[www.balance245.com](http://www.balance245.com)