

The Benefits of H2O

Your body is about 70 percent water. Water is made of two hydrogen atoms and one oxygen atom— hydrogen being super-important in maintaining optimum acidity levels within the body. Approximately, 60 percent of the global population are dehydrated on a regular basis, including 40 percent of people lacking the ability to cognitively signal to rehydrate when needed.

People, on average, should be consuming about half their body weight in water ounces daily (a 100lb person=50oz). Adding a pinch of unprocessed sea salt to water is a great trick that reminds the body consume the appropriate amount of water throughout the day (Note: you shouldn't taste the salt). The salt provides a subtle texture to the water, which will warm the inside of the mouth. A dash of salt inside water also reduces trips to "la toilette," which is a good tip for long distance athletes.

Here's some food for thought: dehydration actually results in many things, but one of the biggest side effects it has is tricking us into thinking we are hungry, when, in fact, we just need water. Water helps suppress the appetite naturally and helps metabolize stored fats. Why? The kidneys can't function properly without water, if they aren't working well, then the liver is taxed. The liver metabolizes stored fats for energy, but if it's doing the kidney's work, then it can't function at its optimum, resulting in more fat being stored and remaining in the body-halting weight loss. Drinking water is also the best remedy for water weight/retention.

Water helps maintain muscle tone, skin tone and healthy clear skin. It also helps relieve constipation and improves endocrine gland function. Water regulate our body temperature through perspiration, which dissipates excess heat & cools our bodies.

Adults lose nearly 12 cups of water every day:

- 1/2 cup to 1 from the soles of our feet
- 2 to 4 cups from breathing
- 2 cups from perspiration
- 6 cups are lost in urine

Early signs of severe dehydration are frequent joint pain, stomach pain, ulcers, back pain, low energy, mental confusion and disorientation. Numerous disease symptoms respond to increased water intake.

Brain tissue is 85 percent water. Depression and chronic fatigue may be the result of body dehydration. Migraine headaches may also be an indicator of critical body temperature regulation at times of "heat stress." Dehydration plays a major role in bringing on migraines, causing stress, which also causes further dehydration.

Also, caffeinated beverages such as COFFEE, tea, soda and energy drinks are not substitutes for water. They actually have a reverse effect; since caffeine is a diuretic pulling water from the cells.

Our body is essentially an electrical system that won't work properly if the cells don't have enough water. Water cleanses our cells of acid waste, which effects our blood and lymphatic systems. All-important for remaining healthy and disease-free!

Another positive to consuming more water is your budget. You'll be amazed how much money you save by cutting out high fructose drinks! Americans drink an average of 11.2 cans of soda pop each week or 582 cans each year. Drinking that much soda could cost \$200 or more a year, depending on much you consume. Did you know if you're buying a latte three times a week, you're probably spending about \$600 per year? That's a small vacation! Seems silly, right? And people think eating healthy is expensive...it costs a lot less to eat healthy and preventively than it does to fight a disease, so stay hydrated and healthy!