

## Why Drink More Of The Right Water?

It's critical to drink plenty of water in every season, but especially during the dog days of summer when dehydration can sneak up on you.

Did you know the average person can lose as much as 80 ounces of water per day through ordinary levels of sweating, breathing, and excreting waste? When you lose water, you also lose electrolytes (sodium, potassium, chloride, and bicarbonate) and minerals. The proper balance of electrolytes in your body is essential to normal cell and organ function. Minerals (including magnesium, potassium and sodium) are essential to basic bodily functions, including the regulation of fluids and bone growth, the normalization of nerve and muscle functions, and maintenance of the metabolism. The intake of fluids and food can replace lost water and electrolytes; however, dehydration occurs if the amount of water lost exceeds the amount replaced.

### 6 Reasons You Need It

- (1) Everything In The Body Contains Water (Muscles-75%; Brain-76%; Blood - 82%; Lungs - 90%);
- (2) Water = Energy. (The first sign of dehydration is fatigue);
- (3) Constipation Prevention (by speeding food digestion);
- (4) Skin Health & Beauty Promotion (it moisturizes, detoxifies, and oxygenates the skin);
- (5) Body Detoxification (cleanses the entire body of toxins, thus promoting proper kidney and liver function and the easy circulation of blood and bodily fluids);
- (6) Blood Clot Prevention (by preventing blood thickening).

### The Best Types

Most agree that municipal tap water is the *unhealthiest* type of drinking water since it is processed, treated, disinfected, purified with chlorine, and generally contains fluoride. There are, however, other frequently recommended purified waters that have notable negative attributes. Distilled water has been vaporized and recollected, free of all minerals and all other solid residues. Reverse osmosis water, which is usually acidic, has been forced through membranes that remove minerals, pollutants, and larger particles. Deionized water is free of minerals and ionized impurities, but not of bacteria or pathogens.

The best drinking water is alkaline, full of naturally occurring minerals, naturally clean of all contaminants, pure/unsweetened, and magnetized (enhances absorption). Artesian, natural spring, well, and mineral waters are all healthy under these criteria. Waters enhanced with electrolytes, vitamins, and minerals can be especially helpful before, during, and after exercise and sun/heat exposure.

Ideally, drink from glass containers or plastic bottles that are at least free of bisphenol A (BPA), a xenoestrogen that disrupts hormonal messaging and has been linked to insulin resistance/type 2 diabetes (e.g., Eternal Alkaline Artesian Water from New Zealand; Aqua Hydrate 9). Synthetic xenoestrogens are linked to breast and uterine cancer, men's decreased testosterone levels, and are especially harmful to children. Keep all plastic bottles out of the sun and heat as much as possible to prevent the chemicals in the plastic from leaching into the water.

## **6 Ways To Make Sure You Get Enough**

Theories abound as to how much water each person should intake daily. Some experts recommend that a healthy person drink half her weight in ounces in water. Others feel that six to eight 8-oz glasses per day is appropriate. Any water intake regimen should take into account an individual's health and daily activities (e.g., a kidney patient should generally intake less than the average healthy person; a patient suffering vomiting or diarrhea requires extra water and electrolytes, as does an athlete).

Ideally, focus on drinking enough water throughout the day to prevent thirst; once you feel thirsty, your body's organs are likely already lacking sufficient hydration. Note that excess thirst can be a sign of diabetes, and clear or light-colored urine indicates adequate water intake.

To ensure you're getting enough water, try drinking: (1) before you feel thirsty; (2) immediately upon rising in the morning to break the previous night's fast; (3) two 8-oz glasses before each meal. (leaves only a few more glasses to drink throughout the day; doubles as a weight-loss method since water can fill the stomach a great deal before any food is eaten); (4) every hour of the day; and/or (5) an electrolyte-enhanced water every 30 minutes when physically active.

Have fun outdoors this summer...but don't forget your bottled water!