Water

"In a Nutshell"

Every cell and every system in the body is dependent on water for healthy functioning. Normal daily activity causes the loss of about 2 litres (6-8 cups) of water, which must be replaced throughout the day.

Our brains are composed of approximately 70% water and our blood is more than 85% water and according to research, a 5% drop in body fluids will cause a 25% to 30% loss of energy in the average person and a 15% drop in body fluids causes' death.

It can be quite dangerous to rely on thirst alone in determining your body's need for water. In fact, if you feel thirsty, you are probably already dehydrated. When you do not drink enough water, not only can you experience the physical effects of dehydration, but you will also experience the mental impact.

Some early signs of dehydration include:

- Daytime fatigue
- Muscle weakness
- Poor concentration
- Fogginess
- Headaches
- Stiff joints
- Dry eyes or nasal passages
- Dry mouth

Further dehydration may lead to:

- Anxiety
- Tension
- Hypertension
- Overeating
- Higher blood cholesterol
- Constipation
- Kidney stones

Consuming water is such a simple wellness strategy that it is often not even considered when developing out a personal health plan.

Outcomes of adequate water consumption:

- Increases energy and focus
- Hydrates the cells and organs
- Hydrates the skin – (water reaches the skin last in the body)
- Cleanses the body of toxins
- Enhance the digestion and absorption of nutrients
- Helps prevent constipation
- Regulates body temperature
- Keeps blood from thickening and controls blood pressure
- Carries nutrients and oxygen
- Lubricates joints and cushions the body's organs

How much is enough?

If your goal is to maintain a minimum level of hydration than the '8 glass' rule is acceptable.
However, if your goal is to carry a buffer against toxic chemicals, offset the negative impact of processed and preserved foods that are consumed, or compensate for additional activity, than we should drink 9 or more glasses per day.