

ARE YOU THIRSTY?

Take a moment and feel your mouth. Are you thirsty?

When was the last time you had a drink of water?

H₂O. It almost seems too simple to be important. We often take its functions for granted and how vital our relationship is with it. All of the body systems rely on it for proper functioning. It's one of the most important and plentiful substances in our existence. It is hard to exaggerate our important relationship with it.

Let's talk about You. You are the most important substance in your existence. It is undeniable that a good health and a balanced system is key to ensuring quality of life.

You are water. 55-75% of an average adult body is water. The water you drink becomes you, from the skin on your face to the very center of each cell. Humans can go for 2 months or more without food, but only survive a few days without water. Only oxygen is more important to human survival.

You use water. On average, your body uses 11-12 cups of water in its everyday functions. Your kidneys use up to five and a half cups, your skin 2 cups, even breathing uses one and a half cups.

You need to drink water! Although it is your number one indicator, the need for water goes beyond simple thirst. This makes dehydration the cause behind many levels of compromised health. It's relevancy resounds through all your organ systems to your cellular health.

Take it in, let it go. Water is behind the many enzymatic functions that allow proper digestion and absorption of your food. Elimination is almost impossible without water to properly flush out toxins and other wastes. Constipation is often alleviated with proper water intake. Beautiful water. Your skin is a key factor behind healthy skin. Dry skin problems, acne, even wrinkle formation can be alleviated with proper hydration.

Think Water. 85% of the brain tissue is made up of water. With dehydration, the level of energy generation in the brain is decreased. This can cause mental sluggishness and

fatigue. Depression and Chronic Fatigue Syndrome have been linked to dehydration and a lack of water can play a major role in the creation of migraine headaches.



Your backbone of water. Water plays a crucial role in your spinal health and ability to be pain free. The water volume that is stored in the spinal disc cord supports 75% of the upper body weight while 25% is supported by the fibrous materials around the disc. The spinal joints are dependent on the different hydraulic properties of water, which is stored in the disc core. Misalignment or even soft tissue stress doesn't always cause back pain. Proper water consumption can be the healer to certain types of aches

and pains in the spinal area. After undergoing any body work remember to drink more water than usual as this will assist the cleansing and detoxification that happens with physical therapy.

Don't stiff on water. Water is the substance that lubricates your joints. If there is a lack of water in the system, this can cause pain and stiffness in the joints. Arthritis pain is often alleviated when proper hydration is attained.

How much is enough? A non-active person needs half of an ounce of water per pound of body weight per day. This equates to ten 8 oz glasses if you weigh 180 lbs. An active person needs slightly more at 2/3 of an oz per pound which equals 13-14 8 oz glasses a day if you weigh 160 lbs. It is important to spread out your water intake throughout the day. Do not drink more than 4 glasses within any hour, this can result in a flushing effect which can cause nutrient depletion and stress on the kidneys. It may take a few weeks for your bladder to adjust in which time you will urinate less frequently, but in larger amounts.

Thirsty yet? Integrating more water drinking into your life can be one of the most important choices you make for your health. It's a simple way you can help bring balance to your entire system by supporting the many functions that water is involved with. ☺