



Staying Hydrated – a guide to your water intake

How much water should you drink each day? A simple question, with no easy answers. Studies have produced varying recommendations over the years, but in truth, your water needs depend on many factors, including your health, how active you are and where you live.

Your body is about 75% water. Drinking enough of it so your body can operate correctly is one of the simplest and easiest things you can do all day long to help stay well.

Surveys show that most of us don't drink enough water. Most people are chronically dehydrated – and don't even know it.

The result is a type of dehydration that can affect important bodily functions. Proper hydration is essential for regulating your temperature, cushioning all the joints of your body, eliminating wastes, and countless other essential functions.

By drinking water regularly you will also be less likely to become hungry and snack on unnecessary foods. Regular water intake promotes a feeling of “fullness” within the stomach. This is the easiest and cheapest way to lose weight and body fat.

Why do we need water?

- Regulates Body Temperature
- Moistens Tissues
- Lubricates Joints
- Protects organs and tissues
- Helps prevent constipation
- Lessens burden on kidney and liver by flushing out wastes
- Helps to dissolve vitamins and minerals so the body can absorb them
- Carries nutrients and oxygen to cells

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

- **Replacement approach.** The average urine output for adults is about 1.5 litres (6.3 cups) a day. You lose close to an additional litre of water a day through breathing, sweating and bowel movements. Food usually accounts for 20 percent of your total fluid intake, so if you consume 2 litres of water or other beverages a day (a little more than 8 cups) along with your normal diet, you will typically replace the lost fluids.
- **Eight 8-ounce glasses of water a day.** Another approach to water intake is the “8 x 8 rule” — drink eight 8-ounce glasses of water a day (about 1.9 litres). The rule could also be stated, “drink eight 8-ounce glasses of fluid a day,” as all fluids count toward the daily total. Though the approach isn’t supported by scientific evidence, many people use this basic rule as a guideline for how much water and other fluids to drink.

Tips to increase you water intake

Carry water with you everywhere you go in a bottle or other container. Note here that recent research continuously shows plastic bottles leach toxic chemicals into water. It is highly recommended that one use glass containers such as an old Pierre bottle. Begin keeping all your glass bottles, and soon you’ll find the ideal glass bottle for you. Remember, water will never become toxic in glass containers! Before long, you’ll find yourself reaching for it without a second thought.

Keep a glass or cup of water next to you whenever you’ll be sitting down for a long time, such as when you’re at your desk at work. Drink from it regularly as you’re working.

Add lemons, or limes to your water. This makes it taste better and makes you want to drink more of it. Be careful not to make it too sour, just a splash of sourness should do the trick. Cucumber slices can also be added to a glass of water. Some mint leaves can be added to a pitcher of water which should be allowed to sit overnight. These are cheap alternatives to the bottled flavoured water.

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