

DRINK WATER FOR HEALTHY LIVING

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The average person's body is composed of approximately 75% water. The body's water supply is responsible for and involved in nearly every bodily process, including digestion, absorption, circulation, and excretion. Human beings can survive without food for thirty to forty days, but without water, we would not be able to live beyond three to five days! The purpose of this article is to further elaborate on the importance of adequate water intake, as getting enough daily consumption of water is one of the most important health habits you can incorporate into a healthy lifestyle.

Water not only gives life, it also sustains it. Without water, we can only survive for a few days. It is essential for digestion, nutrient absorption, and elimination of waste products and toxins from the body. Water is also responsible for healthy circulation, controlling body temperature through perspiration, protecting joints by providing lubrication and cushioning, and keeping our skin healthy. Drinking quality water is beneficial for virtually all disorders. Bowel and bladder problems, as well as headaches, can be reduced by drinking water. If not enough water is consumed, toxins can build up in our bodies resulting in many negative side effects. Inadequate water consumption may contribute to excess body fat, poor muscle tone, chronic fatigue, digestive problems, joint and muscle soreness, and poor functioning of many organs. Consuming plenty of water can slow the aging process, and can prevent or improve arthritis, kidney stones, constipation, arteriosclerosis, obesity, glaucoma, cataracts, diabetes, hypoglycemia, and many other diseases.



How much water is enough? A general rule of thumb to follow is to consume 1 litre of water daily for every 50 pounds of body weight. Therefore, a 150-pound person should consume 3 litres of water daily. Special consideration for greater water consumption must be taken into account for those who are engaged in exercise, vigorous activity, and during the warmer months when more water is lost through perspiration. Additional considerations must be taken into account for those who consume caffeine, alcoholic beverages, and certain medications, as these substances can act as diuretics and actually drain your body of water. Looking at the color of your urine

is an easy way to determine whether or not you are consuming enough water. As long as you are not taking riboflavin (vitamin B2), which fluoresces and turns your urine bright yellow (it is also in most multi-vitamins), then your urine should be a very light-coloured yellow. If it is a deep yellow then you are likely not drinking enough water.

Bottled spring water and filtered water are generally acceptable types of water for safe consumption. Tap water (depending on the source where you live) may be treated with chlorine and fluoride, and contain toxic substances that with ongoing consumption, can have dire consequences for the body. Due to the properties of distilled water, it is not recommended for long-term consumption as it can drain your body of necessary minerals. For the greatest benefits, pure water should be an exclusive daily staple for fluid intake. Other beverages such as fruit juices and sodas have high sugar contents, which can lead to undesirable fluctuations in blood sugar levels and excessive caloric intake.

Water is vital for life. Without adequate water intake, our bodies are unable to function optimally. Regular sufficient water intake is one of the most crucial dietary habits an individual can engage in. Remember, water does the body good, so drink up...CHEERS!

This article is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis or treatment by a duly licensed health practitioner.