

# WATER, ARE YOU GETTING ENOUGH?

**WATER . . . ONE PART OXYGEN, TWO PARTS HYDROGEN. APART FROM AIR, WATER IS THE MOST ESSENTIAL ELEMENT FOR OUR SURVIVAL. MOST OF US TAKE IT FOR GRANTED - WHETHER IT'S FROM THE TAP OR A BOTTLE IT IS USUALLY QUITE READILY AVAILABLE FOR EVERYONE HERE IN AUSTRALIA.**

Water is found in every part of our body and makes up more than two thirds of total body weight. The human brain is made up of 75% water; blood is 83%; bones are 22%; the liver is 96% and lungs 86%.

A drop of only 2% in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic mental calculations, and difficulty focusing on smaller print, such as a computer screen. Mild dehydration is also one of the most common causes of daytime fatigue. Just a 5% drop in body fluids will cause a 25% to 30% loss of energy. An 11%+ drop in body fluids will cause death.

Keep yourself and your loved ones properly hydrated - especially during the hotter months!

Many will walk around dehydrated, most of the time unknowingly. By the time someone gets thirsty, it is too late! Many people may opt for a beverage that does not actually replenish the body. Soft drinks may feel nice going down, but beverages with caffeine are not meant to hydrate. Water is the best remedy for dehydration.

An estimated 75-80% of people have mild, chronic dehydration (pretty scary statistic when you think how easy it is to access fresh, clean water here in Australia). Water is important to the mechanics of the human body - all the cell and organ functions depend on water for their functioning. Water helps keep your muscles and skin toned, assists in weight loss, transports oxygen and nutrients to cells, eliminates toxins and wastes from the body, and regulates body temperature.

Drinking clean, refreshing water plays a major role in reducing the risk of certain diseases. Drinking eight glasses of water daily can decrease the risk of colon cancer by 45%, bladder cancer by 50% and it can potentially even reduce the risk of breast cancer. Adequate water intake will help prevent headaches, constipation, and kidney damage . . . and that's just for starters!

Water suppresses the appetite and helps the body metabolise stored fat

Studies have shown that a decrease in water intake causes fat deposits to increase,

therefore, increasing water input reduces fat. Why? Because the kidneys need water to function properly. Without sufficient water for the kidneys, the kidneys cannot work adequately and so this affects some of the water going to the liver. One of the primary functions of the liver is to metabolise fat into energy for the body. If the liver needs to do some of the work of the kidneys, the liver can not work as it should to metabolise fat and so more fat is stored in the body increasing weight and not using the fat as energy.

If you are not drinking enough water your body will store as much as possible as a defense mechanism. Retained water adds to your weight. If you have a water retention problem, drink more water! It may sound crazy but once the body is trained to expect a regular supply it will store less, leading to a reduction in your weight.

The Australian National Health and Medical Research Council (NHMRC) recommend adult males should drink a minimum of 2.6 litres, and adult women 2.1 litres per day. Of course intake needs to be increased depending on climate and exercise.

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