

# **Hydration is Vital for Optimum Health**

The human body is made up primarily of water. In fact, approximately 75 percent of your body is water and 25 percent is solid matter. Water is essential for absorbing nutrients, eliminating waste, cellular activity and all of the actions necessary for life. Drinking enough water is vital for preventing disease and enjoying a sense of wellbeing.

Without water, our bodies are unable to remove environmental toxins that most of us are exposed to daily. Generally speaking, people who suffer from chronic diseases are seriously dehydrated since the skin, stomach, liver, kidney, heart and brain rely on proper water intake. Heart disease, obesity, diabetes, chronic pain, headaches, chronic fatigue, high blood pressure, cancer, Alzheimer`s, and many other diseases are often preceded by many years of not enough water. Many illnesses could be significantly improved by simply giving the body sufficient amounts of water so that toxins and waste can be removed.

When dehydrated, the body is seriously stressed, just as it would be if you were in a drought. This creates a fight or flight situation, meaning that stress chemicals are released to deal with the situation. When these chemicals are continually released over long periods of time, chronic disease is inevitable.

Unfortunately in modern society, most people reach for black tea, coffee, soda and alcohol instead of pure water when thirsty. While these beverages contain water, they are actually dehydrating. When these are consumed, the body requires even more water. Over consumption of caffeine, alcohol, sugar, artificial sweeteners, e-numbers and other chemicals are stressful for the body, leading to suboptimal health. It is ironic that in our society where we have access to so much, most people`s bodies are functioning as if there is a famine due to lack of water as well as lack of nutrients from healthy food.

Dehydrating drinks create a strong diuretic effect, which means that the kidneys are overworked. They create imbalances in blood sugar levels, which can lead to tiredness and even diabetes, although they seem to boost energy levels in the short term. Chemicals and sugar can even lead to Attention Deficit Disorder, foggy brain and unclear thinking. Large quantities of water are needed to process these drinks.

Instead of addressing the underlying problem of dehydration, most people turn to pharmaceutical drugs to deal with their ill health. Pain killers and medications compound the problem since they also contain chemicals that the body has to deal with, leading to even more dehydration and potentially health compromising side effects. By simply giving your body the important nutrient of water, you are preventing disease with very little effort.

Just because you don`t feel thirsty, does not mean that you are not in severe need of water. This is because when the body believes that there is not enough water, it will turn off its thirst reaction. But don`t be fooled, when there is not enough water and the

thirst signal is turned off, the body is in emergency mode. You may begin to hold on to water in your legs, feet, arms and face. There may be a decrease in urination, keeping the body from excreting potentially harmful waste. You may notice that if you drink plenty of water for several weeks, your thirst signal returns and communicates your need for this vital nutrient once again.

A common excuse for not drinking more water is fear of having to go to the toilet too often. When the body is severely dehydrated for a long period of time, it loses its ability to use the water efficiently. Therefore, it will simply get rid of the water because it does not know what to do with it. After some time, it will become balanced and the constant need to urinate will disappear.

Approximately 2 liters of water per day is needed to be fully hydrated. Pure, filtered water is best, but teas such as mint or chamomile can also be counted as long as some pure water is consumed daily. When alcohol, caffeine, fizzy drinks are consumed, as well as exposure to unnatural food, drugs, cigarettes, environmental toxins and emotional stress, even more water is required for balance.

Substituting coffee with green tea or fizzy drinks with pure, fresh fruit and vegetable juices is a great place to begin. If you enjoy drinking alcohol, remember to drink one pint of pure water for every glass of wine or pint of beer. You will drink less, reduce your risk of a hangover and your body will thank you.

Tap water often contains chemicals, so buying a water filter is a good way to filter out toxins.

Remember that your body depends on pure water. Without it, you are at risk for less than optimum health, so give your body the most fundamental nutrient of pure water that it deserves.

*Your Body`s Many Cries for Water* by Dr. F. Batmanghelidj

For more information on Hydration go to my website and to link **‘Hydrate for Life’** and read detailed effects of Dehydration a summary of book; *Your Body`s Many Cries for Water* by Dr. F. Batmanghelidj

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