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Water

Water is one of the most common and essential compounds in the body. In fact, the human body is about 75% water.

- Blood is 83% water
- Muscles are 75% water
- Brain is 74% water
- Bone is 22% water

Water is both a life-sustaining and life-giving substance that is required for *every* living function and structure. It transports hormones, chemical messengers, and nutrients to vital organs of the body. Without sufficient water on a regular basis the body soon becomes dehydrated. Dehydration affects energy, health and longevity. The body is constantly losing water. This water needs to be replaced on a daily basis. Dry mouth or thirst are NOT adequate signs of dehydration. The need for water is constant even if you don't *feel* thirsty!

How Much Water do you Need?

To determine how much water you need on a daily basis divide your body weight (in pounds) by 2. This equals the number of ounces of water you need daily. A normal glass is approximately 8 ounces. For example, if you weigh 130 pounds you need to drink 65 ounces or approximately 8 8-ounce glasses of water per day.

Benefits of Drinking Water

- Stimulates the movement of the colon first thing in the morning.
- Aids the body in eliminating and flushing out toxins through the urine, sweat, breath and feces.
- Assists the body in the absorption and metabolism of nutrients from food.
- Water is essential for energy production for every cell in the body.
- Assists in the breakdown of stored fat and decreases excess weight by reducing appetite.
- Prevents premature aging and skin sagging: water adds natural moisture to your skin, giving a fresh glow and helping the aging process.
- Assists in regulation of body temperature.
- Supports and improves the movement of joints.

Signs of Dehydration

- Loss of energy, vitality and drive. Lack of water is the #1 trigger of daytime fatigue!
- Memory problems and dulled thinking. Studies have shown that with prolonged dehydration, brain cells actually begin to shrink!
- Decreased immune function and ability to fight disease.
- Problems with digestion and metabolism, including constipation or dry stools.
- Joint problems, arthritis and back pain.
- Heart and circulatory problems.
- Headaches, muscle pain, nerve pain.
- Sunken eyes.
- Premenstrual or menopausal symptoms.
- Impotence or erectile dysfunctions.
- Depression, anxiety, irritability and insomnia

When Should you Drink Water?

- Drink whenever you are thirsty!
- First thing in the morning – this will help your body flush out the toxins it has been processing all night
- Water should be consumed between meals, not while you're eating. Drinking while you eat will dilute the digestive juices needed to adequately breakdown food.
 - Drink water ½ hour before meals to aid the body in digestion.
 - Start drinking about 1 ½ - 2 hours after eating to complete the process of digestion.
- Drink additional water during and after any activity that depletes water or if you have been sweating or exercising.
 - Keeping properly hydrated during exercise allows you to have a better, more productive workout. When your workouts are better, you feel and look better too!
- Reach for water at the first sign of stress, pain, headache, anxiety or discomfort to assist your body in adapting more quickly and easily.
- Increase your daily consumption of water to assist in recovering from any chronic or obstinate illness.
- Exercise, higher altitude, heat, low humidity, pregnancy, breast feeding, coffee, tea, pop and alcohol, as well as diarrhea or fever all increase the amount of needed water.

The medical information provided is of a general nature and cannot substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition

