

*"When the well is dry, we know the worth of water"*

**Benjamin Franklin**

# WATER WORKS!!!



**Water makes up more than two thirds of the human body.** The brain is made up of 95% water; blood is 82%, bones 22 %, and lungs 90% so its imperative that we continue to give our body what it needs to run at full speed. Just a 2% drop in our body's water supply can trigger signs of dehydration: lightheadedness especially when standing, dry mouth, thirst and hunger, fuzzy short-term memory, trouble concentrating, eye strain, etc.

**Mild dehydration is also one of the most common causes of daytime fatigue.** An estimated seventy-five percent of Americans have mild, chronic dehydration.

When you sleep you lose water in two different ways. First through **Respiration**, every time you exhale you release a little bit of water. And second through **Transpiration**, water loss through the skin, aka sweat. Naturally sleep dehydrates us so it's quite possible to lose up to 2-3 pounds a night just in water. And that's not a good thing. If you go to bed dehydrated, your not supplying the body with what it needs to properly repair and maintain in the night, making your body work that much harder, and potentially robbing yourself of quality sleep. **"The more dehydrated you are the harder it is for your body to recharge and detoxify. The longer it takes for your body to detoxify, the more sleep and energy your body requires"**



*Drink a glass of cold water first thing in the morning and last thing before bed*

It will rev up your metabolism, replace fluids from the night before and start your day off fueled and ready to go. Starting your day off with water is like giving your insides a nice clean shower. Imagine how good you would feel. Imagine how good a nice bath feels.

## WHY COLD WATER?

Cold water not only absorbs faster, but when cold water enters your stomach, your body warms it up. Anything your body does takes calories to do so: even blinking. So by drinking cold water, your body will burn more calories

How many times have you eaten a meal and then an hour or two later felt hungry? There's usually no way you burned through those calories that quick, so why are you hungry again? Its not that your body needs more food, its that it needs more water. Your stomach is crying out, not for food, but water. When we eat large meals, the stomach soaks up water from your body in order to digest it; hence taking water from other places your body may need it, and dehydrating us. This sometimes sends mixed messages to your brain, alerting you your still hungry or tired, when really what it's telling you, is, to drink more water.

Unfortunately by the time we realize we're thirsty, it's usually already too late; we're dehydrated. **We lose about 3 quarts a day** through sweat, respiration (when you see your breathe on a cold day, that's water vapor leaving your body), going to the bathroom, and most sneaky through the foods we eat.

## **WATER RESPONSIBILITIES:**

**Water controls our body temperature, removes toxins, transports waste, regulates metabolism, lubricates joints** and just like plants, our cells could not grow without it. Remember, your body is electric-when your cells don't have enough fluid, they lose their conductivity

## **Being well hydrated boosts several other benefits including:**

**Weight Loss:** Water may be your best friend in fighting body fat. It's a great appetite suppressant, and numerous studies indeed prove this. In a study by Virginia Tech, they had one group of dieters drink 2 cups of water before meals, while the other group did not. Over the course of 12 weeks, the group that drank water, not only consumed less food, but also dropped 5 more pounds then the group that did not. German researchers also discovered that when subjects drank about 2 cups (.5 liters) of cold water before breakfast, lunch, and dinner, it resulted in a 30 percent boost in their metabolic rate. They estimated that if you did this everyday for a year, you'd burn 17,400 extra calories, which equals more then 5 pounds of body fat, just by drinking water.

Furthermore, without enough water, your body will start to retain water in order to protect itself. Retained water eventually becomes contaminated because your kidneys can't filter it out properly, and calls upon the liver to help out. This interferes with the livers main function: breaking down body fat.

**Skin:** Nothing will clear your skin better then drinking enough water. It won't happen over night, but the more consistently you hydrate, the clearer, smoother, and younger looking it will become. Water is the most important factor in cellular integrity, flushing toxins and impurities out, and moisturizing your skin from the inside out.



**Disease:** Studies show that drinking around 8 glasses of water daily can decrease the risk of colon cancer by 45%, bladder cancer by 50 %, and even lower the risk of breast cancer. In a six year study of more than 20,000 men and women ages 38-100, those who drank more than five glasses of water a day were 41% less likely to die from a heart attack during the six year period than those that only drank 2 glasses.

**Exercise:** Drinking enough water will help keep your metabolism running high, temperatures maintained, and proper use of fuels. Being dehydrated makes working out a lot harder. When you exercise, your muscles hold onto water in order to release fuel (carbs aka glycogen aka sugar), but in order for the glycogen to be released from your muscles, it has to be paired with the right amount of water. If you're even a little bit dehydrated, muscles run inefficient, and performance can be hindered.

Similar, people who start these low carb diets, initially lose weight, but the weight they lose is actually water weight, and very little of it fat lost. Then once they go off the diet or increase their carb intake, the weight comes right back. Reason being, when you radically reduce calorie intake and especially carbs, your body reaches for your stored forms of energy (glycogen) in your muscles. But in order for it to be released, it has to be paired with water, thus when it's released, the glycogen is burned for energy, water eliminated from the body, which then makes it seem like weight was lost, where in fact, little fat was ever actually burned. Which defeats the whole point of diets: to lose body fat.

**Digestion:** Our digestive systems require a large amount of water for proper digestion. Insufficient water is the primary cause of constipation, and constipation makes it possible for an imbalance in bacteria, promoting inflammation of the intestinal lining. Water with fiber can cure it though. Often water can even cure stomach acid.

## **HOW MUCH WATER DO WE NEED???**

Recommendations say you should shoot for at least 8 - 8 ounce glasses of water a day, but that's very general considering we are all different sizes, and activity levels vary. Ideally, what you weigh in pounds, divide by two, and that should be approximately how much water you should be consuming each day. For example, if you weigh 200 pounds, that would be a 100 ounces of water a day. Don't forget that the foods you eat contain water as well, and count towards your daily intake of water. Example, one wedge of watermelon contains 1 cup of water.

## **BEST TIMES TO DRINK:**

Well if your body tells you you're thirsty, then drink up. Don't deprive it, it knows best. But the best times are:

### **First thing in the morning:**

Upon waking up, your body has just gone through a 6-8 hour fast, and is starved for food and water. It's like a car with no gas: it needs a quick pit stop to prepare for the drive ahead. First thing you should reach for in the morning is water, not coffee (dehydrates the body). It will boost your metabolism, clean your insides out, and get you ready for breakfast, starting your day off right.

Try adding a little lemon juice for an additional boost, taste, and alkalizing effect on your body. Not to mention the highly helpful vitamin C, and potassium.

### **Between meals or at least 20 minutes before a meal:**

Fueling your body with water before a meal will ensure it is ready to receive and digest the food to come. Be careful not to drink too much fluid with meals though, because the possibility of diluting your stomach acid, which is used in breaking down food, especially proteins which are tough and harder to digest.

**During and after exercise:**

When you workout you sweat and lose not only water but electrolytes/salt. Try adding a pinch of sea salt and natural flavor to your water to make it more desirable.

**WATER FACTOID:**

Lean tissue (72%) is made up of a lot more water than fat tissue (25%). Since women naturally have a higher body fat percentage, on average their bodies are made up of about 5% less water than men.

**Just before bed:** Drinking water just before bed will ensure your body is hydrated for the night, improving your chances of a quality night's rest, and starting your next day off feeling a little more refreshed. If you're worried about having to go to the bathroom in the night, start slow. Drink a little bit of water and slowly increase your intake as time goes on.

**OTHER TIPS:**

Mineral, sparkling, or carbonated water with a little bit of lemon, tangerine, lime, or other favorite fruit juice, will make for a all natural soda like drink. Great replacement for those still stuck on sodas. If your having trouble drinking water because it's too "bland" or your tired of it, this is an excellent way to increase your water consumption throughout the day.

*"We found in earlier studies that middle aged and older people who drank two cups of water right before eating a meal ate between 75 and 90 fewer calories during that meal"*

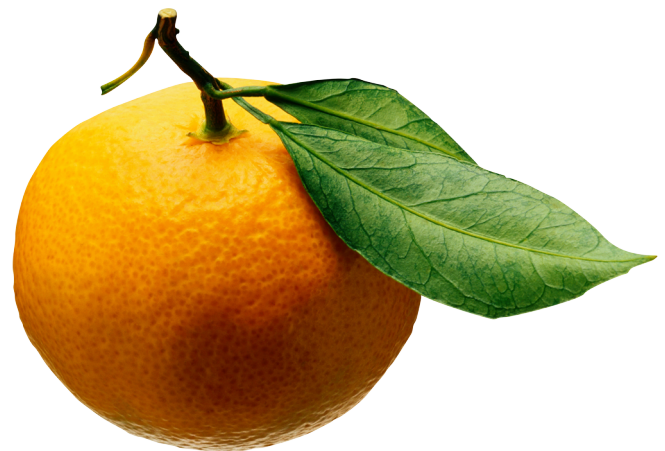
Herbal Teas are great for soothing the stomach, nerves, and digestion while adding water to your diet. In her book, "You Are What You Eat," Dr. Gillian McKeith states, "A warm cup of water first thing in the morning (and even better with a squeeze of lemon) goes right through the bowels and cleans mucus out from the day before. Drink another cup in the evening too."

Eat tons of fruits and vegetables. They're loaded with water and will help keep you hydrated while providing you with everything else your body craves.

**With the right hydration strategy you can help regulate appetite and weight for years to come.**

**Factoid:**

Babies have the most water at 78 percent at birth. By age one it drops to about 65 percent.



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