



WATER

We've all been told how important it is to drink lots of good old plain water. Seems logical enough, but why exactly is H₂O so important to us? There are a number of reasons, let's try to outline a few of the most important and perhaps relevant points:

- Water is the most abundant nutrient in our bodies, making up about 70% of our total weight.
- It is the liquid medium that allows a number of vital metabolic processes to occur.
- Our bodies cannot store water over time; it has to be replenished on a daily basis.
- Consuming adequate water is essential to dilute, detoxify, and flush out the many environmental pollutants we are all constantly exposed to.

By staying in a dehydrated state, you are more likely to:

- Impair your ability to utilize (burn) body fat.
- Decrease your energy levels, sometimes significantly.
- Experience increased joint and muscle discomfort with chronic dehydration contributing to arthritis.

BOTTOM LINE

1.) Drink 1/2 your bodyweight in ounces of water (preferably filtered or bottled). Minimum requirements are 64 oz. for women and 80 oz. for men.

2.) Liquid content of coffee, pop, diet drinks, etc., do not count!

TIPS

- Try drinking your water from a bottle, it seems to make consuming water easier to accomplish.
-Or-
- First thing in the morning, put your daily quota in a container in the fridge, drink throughout the day until it's gone.
- Add some lemon. This is particularly good first thing in the morning with a warm glass of water.
- Try adding a combination of 2 oz. orange and/or pineapple juice to 8 oz. of water for 1-2 of your glasses of water per day.
- A full glass of cold water before meals can be a good way to decrease hunger.