

The vital reasons for drinking water



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Here we are in the subject of water, the post would have been too long if we wrote all the information we gathered, so with that been said, we decided to do a few posts on this subject with the point of view of a few experts, enjoy.

Wishing you health, happiness and wealth from all of us at IsbelsBeautyBlog.com

Contributor [Paul Pitchford](#) from [HEALING WITH WHOLE FOODS](#)

Water is the most abundant nutrient in the body, comprising two-thirds of the body's mass. People make efforts to obtain unadulterated food but neglect to find water of similar quality. Every type of water has its own unique quality. Rain water tastes lighter, well water is more mineralized, river, lake, and spring water each has their own qualities.

One of the most important principals regarding our personal water consumption I believe is listening to the wisdom of our body, and drinking accordingly to our own thirst. So often we are told drink 8 glasses of water a day and other recommendations that perhaps are not for every individual constitutions or needs, not to mention any reference to the quality of water and the temperature of it when consumed.

If large amounts of water are ingested for reasons such as hard work or internal heat, is best done at least thirty minutes before or one hour after meals. Otherwise digestive enzymes and secretions are diluted, and food nutrients are not effectively extracted. When water is taken with meals it is best to drink small amounts and warm perhaps a warm tea is a great idea.

The optimal water intake varies widely, every persons requirement is different. Thirst is an important indicator of the need for water, this not always a conscious choice.

Key Factors that Influence Personal Water Needs

Water requirements are lessened by:

Sedentary lifestyle

Consumption of fruit, vegetable, and sprouted foods

Cold deficient conditions

Cold and damp climates

Water requirements are increased by

Physical activity

Consumption of more meat, eggs, or salty foods

Fever, heat, or excess conditions

Dry, hot, or windy climates

Major properties of water

Relaxing

Moistening

Soothing

Cooling

and dispersing

Too much water from any source can cause coldness sensations, actual dehydration, lost of minerals, weakness in digestion and lost of energy of the whole body. In Chinese healing traditions, states that an excess of water depletes the Digestive Fire of the spleen- pancreas and hinders the kidney-adrenals ability to provide warmth energy (yang qi). This applies especially to cold water and cold foods (salads,

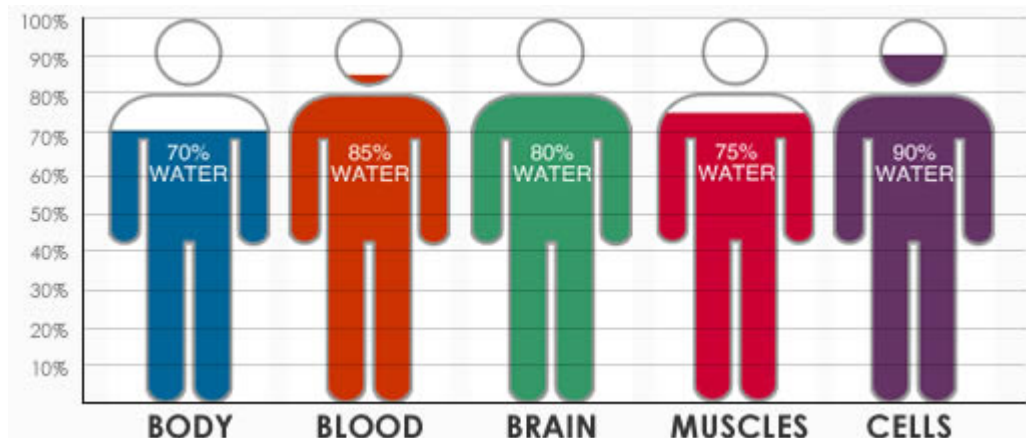
fruits etc)

In the other hand insufficient water consumption causes toxicity of the body as well as constipation, tension, tightness, overeating, inflammation, dryness, and kidney damage.

When drinking water it is recommended to drink slowly, this helps the body to absorb it better.

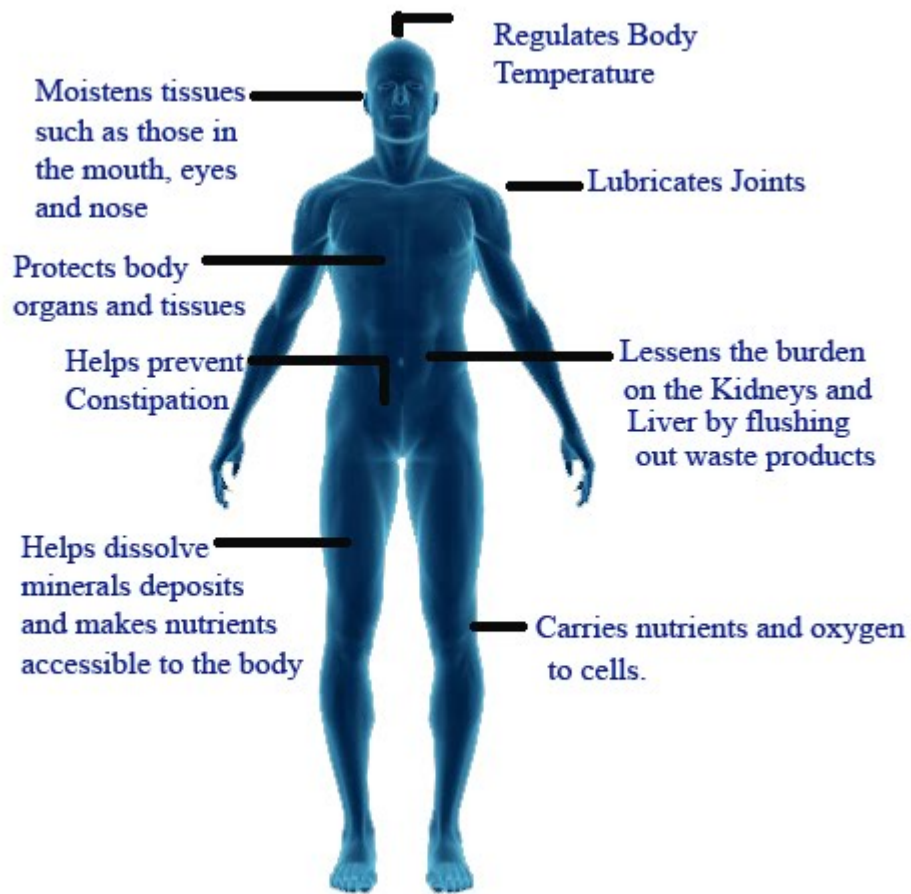
The amount of water intake will significantly influence longterm health

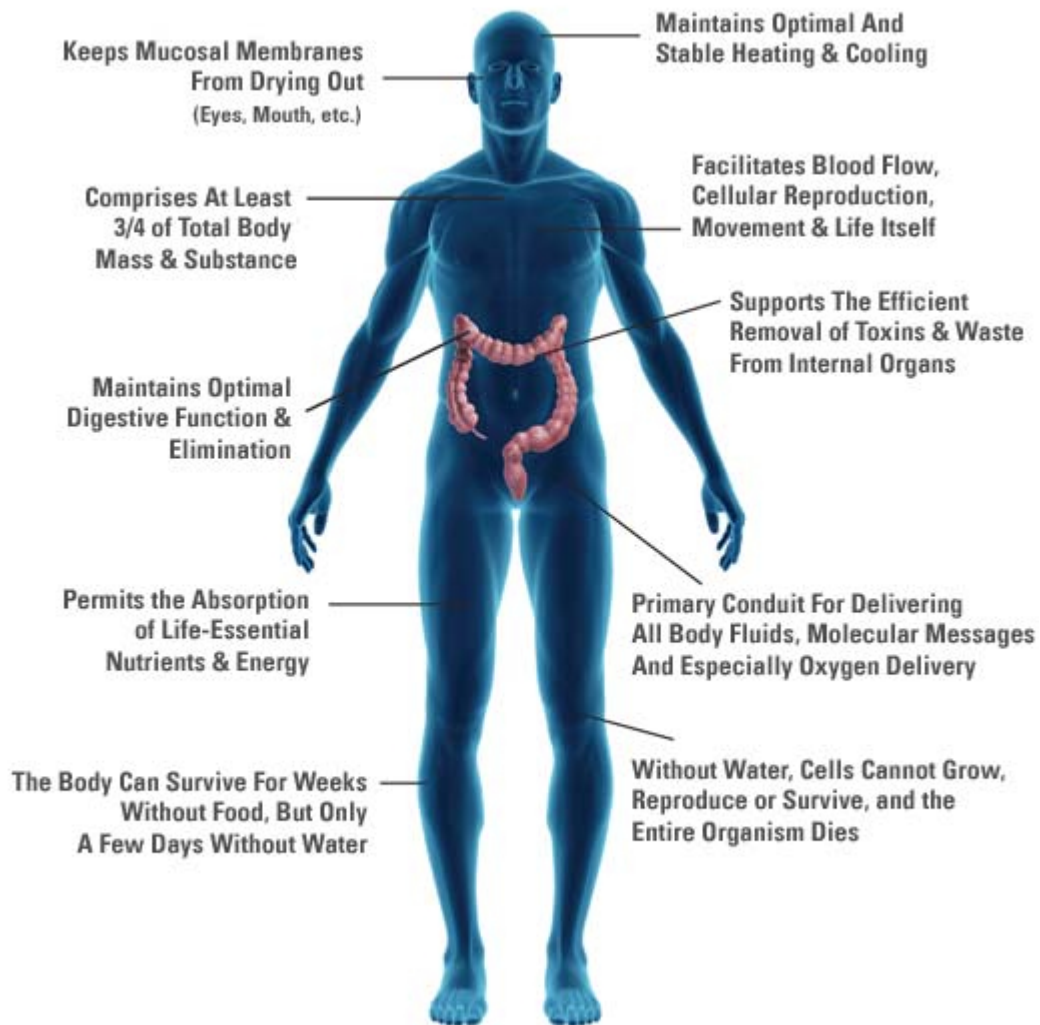
Figure: Water composition in different parts of human body

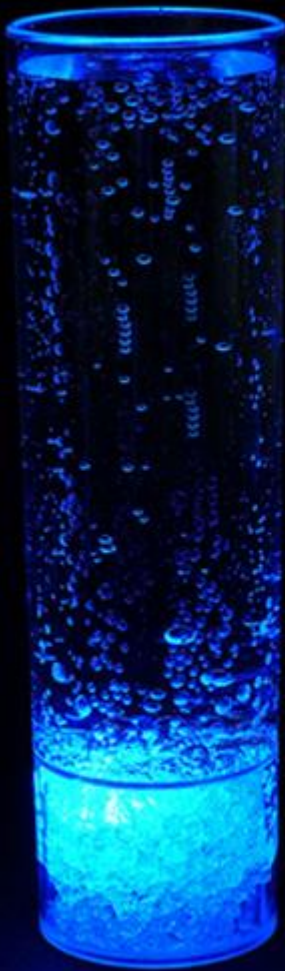


[Photo courtesy to solutionsfitness.ca](http://solutionsfitness.ca)

Water is responsible for dissolving most of nutrients, minerals, and substances in the biological processes in human body. It transports the required amount of essentials to different parts of body and also provides a moist environment for our ear, nose and throat tissues. Water is also play a vital role in flushing waste and toxins out of bodies.







The Health Benefits Of Drinking Water :

- **Helps To Lose Weight**
- **Healthy Skin**
- **Kind To Teeth**
- **Fight Infection**
- **Get Rid Of Body Toxins**
- **Healthy Hearth**
- **Prevent Joint Pain And Arthritis**
- **Boost Energy**
- **Prevent Constipation**
- **Reduce The Risk Of Kidney Stones**
- **Improve Productivity**

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H₂...OH REALLY?

THIRST

Thirst is a useful indicator of daily fluid requirements. Unfortunately, it's not fully reliable since the body is already mildly dehydrated by the time an average person starts to notice thirst.¹

MENTAL

Dehydration can degrade specific aspects of cognitive performance including visual vigilance, tension, anxiety, fatigue and visual working memory. Dehydration was also linked to negative mood rating, impaired motor performance and shortterm memory.⁶

SKIN

Dehydration results in dry skin and wrinkles.²

DEHYDRATION

A 1% loss of body mass due to fluid loss is defined as dehydration.⁷

KIDNEYS

Higher water intake is shown to have a protective impact on the kidneys, and there is initial evidence that CKD (Chronic Kidney Disease) may be inversely related to higher water intake.³

A study by Dai et al found a strong protective effect of fluid intake in preventing kidney stone formation in men.⁴

WEIGHT LOSS

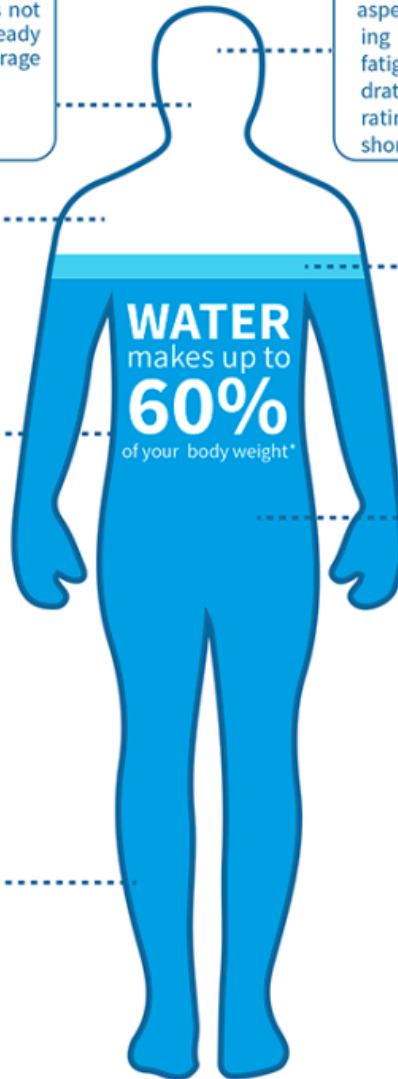
Opting for water instead of sugary drinks can help reduce body weight and fat levels. According to Stookey,⁸ just drinking 500 ml (17 oz) of water increases energy expenditure by 100kJ. Findings in the same study indicate that an absolute increase in drinking water to to $\geq 1\text{ l}$ (34 oz)/day was associated with $\sim 2\text{ kg}$ or 5 lbs weight loss over 12 months.

PHYSICAL

Studies have shown that the modest level of dehydration (2% of body mass) can result in around a 20% decrease in physical performance levels in temperate climates and up to a 40% decrease in hot temperatures.⁵

*WATER

Water plays crucial roles, in transporting nutrients and waste products between our major organs and helping regulate temperature.⁹



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1) Kolasa, K.M., Lackey, C.J. & Grandjean, A.C. Hydration and Health promotion. *Nutrition Today*. 2009; 44: 190-201

2) Atlanta dermatologist Kenneth Ellner, MD.

3) Sontorp et al. (2013) *Am. J. Of Nephrology*

4) Dai et al. (2013). *J. of Renal Nutrition* (23) 2

5) Péronnet F PhD(2010) Healthy Hydration for Physical Activity. *Nutrition Today*, Volume 45, No. 65

6) Ganio et al., 2010; D'Ancl et al., 2009; Smith et al., 2012

7) Kleiner SM. Water: An essential but overlooked nutrient. *J Am Diet Assoc* 1999;99:201-7.

8) Stookey, J. D., Constant, F., Popkin, B. M. and Gardner, C. D. (2008) Obesity, 16: 2481-2488.

9) Jequier E & Constant F (2010) *Eur J Clin: Water as an essential nutrient.*

How much should you drink every day?

This question looks very simple but there are no easy answers. Over the period of time multiple recommendations are available to this question:

Before answering the question, let see what are factors involved for calculating daily intake of water:

1. The climate, where do you live?
2. What is the nature of your work?
3. How is your health status?
4. How active are you?
5. Does your activity make you sweat?
6. Are you an athlete?

After considering the above points, there isn't specific formula available at this moment, which can fit to everyone. Multiple research and studies have been produced on this subject, with different recommendations over the period of time. Here are some of them:

Daily Water Requirements: Drink 50-75% of your body weight in Ounces (Oz).

Sedentary people: 50%

Active people: 75%

See example for a person with 150 Pound

	Sedentary People	Active People
Body WeightFor example take 150 Pound	50% of 150 = 75 Ounces(2.2 Liters or 9 Cups)	75% of 150 = 112.5 Ounces(3.3 Liters or 14 Cups)
Hot or humid weather	+16 Oz($\frac{1}{2}$ Liter or 2 Cups)	+16 Oz($\frac{1}{2}$ Liter or 2 Cups)

	Sedentary People	Active People
Strenuous Exercise	+16 Oz($\frac{1}{2}$ Liter or 2 Cups)	+16 Oz($\frac{1}{2}$ Liter or 2 Cups)
Total per day	107 Oz(3.2 Liters or 13 Cups)	144.5 Oz(4.3 Liters or 18 Cups)

Note: This is only an estimate. This may vary person to person.

10 Benefits To Drinking Water

by [Gerek Allen](#)

10 Health Benefits of Drinking Lemon Water Every Morning

by [GirlyTipsEtc](#)

Why Drink Coconut Water? | Health Benefits of Coconut Water | The Healthy Grocery Girl® Show

by [HealthyGroceryGirl](#)

Alkaline Water

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