

The Power of Water

There is a substance that contains no calories and makes up to 70% of our body's weight, yet can be obtained by spending no money. This miracle substance is a simple glass of water. Water is one of the most underestimated nutrients that is not only critical to our survival, but is essential to maintaining a healthy lifestyle. If we were deprived of certain vitamins and minerals we might survive for several months or even years, however our bodies can only survive a few days without water.

Our body needs water in order to maintain our normal body temperature. Water is used to cool off during any type of sweating process. If sweat losses are high, heat exhaustion or stroke may result with serious medical complications. We all remember Corey Stringer. Furthermore, performance may be compromised by losses as little as 2% of body weight.

Unfortunately thirst is not always a reliable indicator of how much water you should drink. If you plan on participating in an activity where there may be excessive sweating such as exercise, there is a way to estimate how much water you will need. If you weigh yourself before and after an activity, for every pound lost you should be consuming 16 oz. of water. Plenty of water is



Stay Healthy

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needed to keep muscles functioning at optimal levels and maximize your performance in fitness and everyday activities.

Water is also a major catalyst in losing weight and keeping it off. Water can help naturally suppress the appetite and reduce fat deposits. Water helps the kidneys function properly. If your kidneys do not have enough water to work properly then some of the kidneys work will dump over onto the liver. The liver plays a major role in burning stored fat. If the liver has to do the kidney's job then it can't burn as much fat.

Water can also help as an anti-aging device. Hydrating skin helps skin cells

maintain their full size and produce less wrinkles. This gives you tighter and more resilient looking skin that helps you look younger.

How much water is enough? Many health professionals recommend at least 8 glasses of water a day. Water may be particularly important for individuals who sweat a great deal. This includes people who participate in healthy exercise, as well as people who work hard jobs such as farmers, construction workers, and others who work in hot conditions may need more water. So drink water. It does the body good.

Get educated, get health smart, and live longer and happier.