

# Active Image

Building the Foundation for a Healthier You!



## Water: The fluid of Life

### ***True or False***

- a. 75% of Americans are chronically dehydrated.
- b. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- c. Even MILD dehydration will slow down one's metabolism as much as 3%.
- d. One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
- e. Lack of water, the #1 trigger of daytime fatigue.
- f. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- g. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page
- h. Drinking 5 glasses of water daily decreases the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

This summary of an article that appeared in WOMEN'S WORLD magazine in July of 2000. And while these facts may seem too good to be true, most researchers will agree that drinking water is critical to good health. Here are some key points that may shed some light on the water controversy.

### **Why drink water.**

Water plays a vital role in maintaining a variety of body processes, such as:

- Transportation of nutrients
- Digestion
- Maintenance of body temperature
- Movement of metabolic wastes by means of sweat, urine, and feces
- Lubrication of joints
- Giving form to cells
- Serving as a medium for thousands of chemical reactions in our bodies
- Utilization of key nutrients
- Helping the body's immune system
- Reduction of fluid retention

### **How much should you drink?**

The standard has been 6-8 glasses per day, however, there does not appear to be any one scientific study specifying that number. Nutritionists, historians, government agencies and makers of bottled water could not cite one when we asked. Dr. Robert Toto, a kidney specialist at UT Southwestern Medical Center at Dallas, says you should just listen to your body and drink water when you're thirsty. Don't force yourself to drink more if you aren't thirsty.

### **Can you drink too much water?**

Yes, there is a condition known as hyponatremia or "water intoxication." It is a relatively rare but potentially fatal condition in which blood levels of sodium sink dangerously and is usually associated with long distance events like running and cycling. The average person have to drink about six gallons of water a day in order to reach a state of water intoxication.

### *What type of water should I drink?*

We have numerous choices when it comes to selecting water. Water is broken down into five categories: purified, drinking, fluoridated, natural source and specialty. Tap water is the source of purified, drinking and fluoridated. Bottled water is labelled natural source meaning spring or aquifer sources, specialty waters are flavoured or carbonated varieties. There is also mineral water, distilled and filtered waters but which is best. Your choice should be based on how much you want to spend and what you are trying to clean out. Many home filters use carbon block technology. This is good for getting most contaminants out of the water, specifically chlorine and organic chemicals. It will improve taste and smell. It is important to change these regularly since they get plugged up. They will not remove micro organism, toxic minerals or additives. Reverse osmosis is another method of filtration. This process forces water through a thin membrane and removes additives like fluoride and other dissolved mineral salts, heavy metals and pollutants.

Yes, it can be very confusing but remember that the importance of water is critical to good health. Do a bit of homework and then begin on a regime to drink enough water for your body's needs.

Endnotes:

Position of the American Dietetic Association: Nutrition, aging, and the continuum of care. Journal of the American Dietetic Association. 2000;100:580-595.

Kleiner, S.M. Water: An essential but overlooked nutrient. Journal of the American Dietetic Association. 1999;99:200-206.

Here are some additional site:

[www.watertogo.com](http://www.watertogo.com)

[www.watercure.com](http://www.watercure.com)



For a more detailed program or other questions, please email me at [cathy.morenzie@sympatico.ca](mailto:cathy.morenzie@sympatico.ca) or call (416)410-8517. Remember, to always consult with your doctor before beginning any exercise program. Please share this article with your family and friends; they will thank you for it

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