

'You ARE What You Drink'

- The American Red Cross estimates that 75% of Americans are dehydrated.
- The human body is 70% water: 75% of muscles and heart, 83% of brain and kidneys, 86% of lungs, 95% of eyes, 22% of bones, 90% of blood, etc.
- The average person takes in 1 liter (4 glasses) per day, mainly from coffee, tea, juice, soda or adult beverages, which can be dehydrators and RID the body of water.
- The average person loses 2.5 to 3 liters (10 to 12 glasses) per day of fluid through sweating, breathing, urinating, moving, and sleeping.
- Early stages of dehydration (just 2%) can lead to muddled thinking, short term memory problems, and difficulty concentrating.
- More severe symptoms of dehydration OVER TIME can include acid reflux, joint and back pain, migraines, fibromyalgia, constipation, colitis, and angina.
- Dehydration OVER TIME has been linked to asthma, allergies, diabetes, hypertension & skin problems.
- Less than 8 glasses of water per day makes urine more concentrated which irritates the bladder, as well as decreases capacity.

Tips

- **Use a 1-liter water bottle** so you can measure your daily water intake.
- **Fill the bottle each** night and keep next to you bed for when you wake.
- **Take the bottle where your phone goes.** Add lemon or lime for taste.

*Avoid drinking large volumes at once, instead sip 8 to 10 oz per hour *

Drink 8 to 10 oz, possibly with lemon, first thing in morning.

IF having OAB symptoms, alternate water with coffee, juice, tea, etc. to minimize effects of irritating bladder.

6 Reasons to Drink Water

- **Drinking Water Helps Maintain the Balance of Body Fluids.** The functions of these fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature. Your brain communicates with your kidneys and tells it how much water to excrete as urine or to hold for reserves. Alcohol interferes with brain and kidney communication and causes excess excretion of fluids, which leads to dehydration.
- **Water Can Help Control Calories.** Foods with high water content tend to look larger, it's higher volume requires more chewing, and it is absorbed more slowly by the body, which helps you feel full. Water-rich foods include fruits, vegetables, broth soups, oatmeal, and beans. Without enough water, your body also goes into preservation – fat storing mode.
- **Water Helps Energize Muscles.** Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue.
- **Water Helps Keep Skin Looking Good.** Your skin contains plenty of water and functions as a protective barrier to prevent excess fluid loss.
- **Water Helps Your Kidneys.** Body fluids transport waste products in and out of cells. The main toxin in the body is blood urea nitrogen, a water-soluble waste able to pass through the kidneys, excreted in the urine. When your body is not getting enough fluids, urine concentration, color, and odor increases because the kidneys trap extra fluid for bodily functions. If you chronically drink too little, you may be at higher risk for kidney stones.
- **Water Helps Maintain Normal Bowel Function.** Adequate hydration keeps things flowing along your gastrointestinal tract and prevents constipation. When you don't get enough fluid, the colon pulls water from stools to maintain hydration -- and the result is constipation. Adequate fluid and fiber is the perfect combination, because the fluid pumps up the fiber and acts like a broom to keep your bowel functioning properly.
- **We will retain water and feel bloated** if we don't get enough water.

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