

# WATER FOR NOURISHMENT

**Guidelines for Hydration** (1 L = 1000ml = 33.5 oz; an 8 oz glass = 1cup = 250ml)

Basic formula for daily water requirements: **Weight (lbs)/2 = # oz daily**

E.g. A 160lb person needs (160/2) 80 oz daily (2.4L or 10 glasses)

- Add 1 glass:
  - Per serving of “dehydrating vice”: Caffeinated products; sugary food or beverage; meat or eggs; processed, fried or greasy foods; salty foods.
  - Per hour of pressurized flight
- Add 2 glasses per alcoholic drink
- Add 2 – 6 glasses (.5 – 1.5 L) per hour of exercise, depending on intensity.
- Increase water intake with fever, dry/hot/windy climate, and high altitude.
- Decrease intake with raw living foods that supply both nutrients and water, i.e. fruits, veggies and sprouts.

## Drink Properly!

Sip rather than gulp. We only absorb 2 oz at a time. We are like sponges. Too much water at once stresses the kidneys and goes down the toilet. Drink water at room temperature or warmer.

Drink throughout the day and apart from food, ideally up to ½ hour before meals and from 2 hours after. Too much fluid with food dilutes gastric juices which leads to poor digestion. A fully hydrated body needn't drink during a healthy meal. A little herbal tea or warm water sipped BETWEEN bites is acceptable. Do not use fluids to wash down food. Raw cucumber or celery with food provides water without compromising digestion and will decrease thirst during a meal.

## Signs of Dehydration:

One should urinate a full bladder 5-6 times daily. The exception is with kidney problems, which need to be addressed by a health care professional.

- Cloudy or dark urine
- Strong odor in urine
- Constipation and/or hard stools
- Headache
- Muscle cramping
- Depression, tension, short temper
- Dizziness and blurred vision
- “Tenting” skin that doesn’t bounce back with pinching
- Heat conditions i.e. fever, inflammation, feeling too warm
- Kidney damage
- Toxicity

NOTE: Thirst is not a good indicator of dehydration. Many people misinterpret thirst signals as hunger, and therefore overeat. As people age their sense of thirst decreases. After strenuous activity the thirst signal decreases.

## Our Bodies Love Water

By simply hydrating their bodies, people have been cured of chronic conditions such as gastric ulcers, digestive pain, high-blood pressure, high cholesterol, rheumatism, obesity, and depression. Water is used by the body to maintain blood pressure, circulation, digestion and nutrient absorption. It carries nutrients and flushes waste, supplies energy, lubricates joints and organs, regulates body temperature, keeps skin clear and supple, and helps muscle development.

A loss of 5% water supply results in a 30% decrease in mental & physical performance.