THE HOLISTIC HEALTHCARE
MISSION WELLNESS KNOWLEDGE BANK SERIES

TOTAL GUIDE FOR WATER INTAKE

The Role of Water:

1. Water is basis for all body fluids- blood, lymph and digestive juices.
2. According to Mayo Clinic, the average adult loses more than 10 cups of water every day, simply by breathing, perspiring and eliminating waste.
3. It takes care of transportation and absorption of nutrients; and elimination of waste.
4. We can go for weeks without food but only 3 to 4 days without water.
5. Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions.
6. How do you feel when eyes, nose, mouth gets dry? Water keeps tissues moist and retains optimum level of moisture in sensitive areas.
7. Protects spinal cord
8. Lubricant and cushion for joints (Helps in arthritis)
9. Helps produce digestive enzymes and saliva
10. Helps in brain functioning
11. Maximizes physical performance (especially for athletes)
12. Promotes maximum nutrient absorption
13. Helps in losing extra fat
14. Improves blood oxygen circulation
15. Boosts energy
16. Improves cognitive functions (focus, alertness, short-term memory)
17. Enhances Mood, Removes fatigue, confusion, anxiety
18. Keeps skin hydrated and promotes collagen production, works as best anti-ageing

Water and Health Problems

Drinking enough water supports in healing many health challenges. Some of them are:

- Kidney stones
- Constipation
- Acne, pimple, dry skin, wrinkles, or any skin disorder
- Heartburn
- Ulcers
- Acidic stomach
- Blood pressure
- Asthma
- Allergies
- Obesity

How Much Water Do You Need to Drink?

A person needs around 2.5 to 3 litres of water daily. Water requirement depends on:

- Body Type, Weight

- Climate, Season (You need more water during summer and hot weather)
- Exercise & Activity
- How much you sweat
- Caffeine (Caffeine is dehydrating, so you need more water)

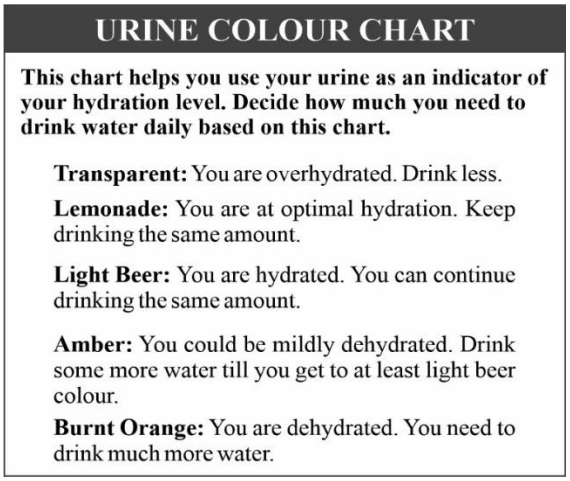
Symptoms of dehydration:

Beyond 2% water loss, we can start to feel symptoms like:

- Headache
- Fatigue
- Rapid heart rate
- Dizziness or fainting
- Flushing
- Nausea
- Low blood pressure

You are not drinking enough water if:

1. The colour of your urine is dark yellow.
2. Your urine has a strong odour.
3. You don't urinate often.
4. You have a persistent bad breath.
5. You have constipation or other digestive issues.
6. You have - dryness, wrinkles, or sagging skin.
7. You often experience fatigue.



How to Drink Water:

- Sit and drink
- Drink slow
- Mix saliva. It is important to digest and absorb water, just like you need to absorb food and nutrient. Mixing saliva helps in better water absorption.
- Drink at room temperature (Avoid too cold and extremely hot)
- Drink at regular intervals
- First thing in the morning: You've been asleep for the whole night, so you need to replenish your body with water. It is also a detoxification tool which accelerates the elimination process which is running during morning. This will also hydrate your brain leading to clearer thinking and better energy.
- Keep a water bottle with you or around the places where you are mostly working or studying. This will remind you to drink enough water. Remember, out of sight, out of mind.