The vital reasons for drinking water



Hello and thank you from all of us at Isabel’s Beauty Blog. Your support is well appreciated, it helps us to continue to research and invite new contributors. We take the time to bring you quality information, products and authorities in the subjects we post. We wish for you, family and friends to enjoy and share, your choices with others.
Here we are in the subject of water, the post would have been too long if we wrote al the information we gathered, so with that been said, we decided to do a few posts on this subject with the point of view of a few experts, enjoy.

Wishing you health, happiness and wealth form all of us at IsbelsBeautyBlog.com

Contributor Paul Pitchford from HEALING WITH WHOLE FOODS

Water is the most abundant nutrient in the body, comprising two-thirds of the body's mass. People make efforts to obtain unadulterated food but neglect to find water of similar quality. Every type of water has its own unique quality. Rain water tastes lighter, well water is more mineralized, river, lake, and spring water each has their own qualities.

One of the most important principals regarding our personal water consumption I believe is listening to the wisdom of our body, and drinking accordingly to our own thirst. So often we are told drink 8 glasses of water a day and other recommendations that perhaps are not for every individual constitutions or needs, not to mention any reference to the quality of water and the temperature of it when consumed.

If large amounts of water are ingested for reasons such as hard work or internal heat, is best done at least thirty minutes before or one hour after meals. Otherwise digestive enzymes and secretions are diluted, and food nutrients are not effectively extracted. When water is taken with meals it is best to drink small amounts and warm perhaps a warm tea is a great idea.

The optimal water intake varies widely, every persons requirement is different.Thirst is an important indicator of the need for water, this not always a conscious choice.

Key Factors that Influence Personal Water Needs

Water requirements are lessened by:

Sedentary lifestyle

Consumption of fruit, vegetable, and sprouted foods

Cold deficient conditions

Cold and damp climates

Water requirements are increased by

Physical activity

Consumption of more meat, eggs, or salty foods

Fever, heat, or excess conditions

Dry, hot, or windy climates

Major properties of water

Relaxing

Moistening

Soothing

Cooling

and dispersing

Too much water from any source can cause coldness sensations, actual dehydration, lost of minerals, weakness in digestion and lost of energy of the hole body. In Chinese healing traditions, states that an excess of water depletes the Digestive Fire of the spleen- pancreas and hinders the kidney-adrenals ability to provide warmth energy (yang qi).This applies especially to cold water and cold foods (salads,

fruits etc)

In the other hand insufficient water consumption causes toxicity of the body as well as constipation, tension, tightness, overeating,inflammation, dryness, and kidney damage.

When drinking water it is recommended to drink slowly, this helps the body to absorb it better.

The amount of water intake will significantly influence longterm health

Figure: Water composition in different parts of human body

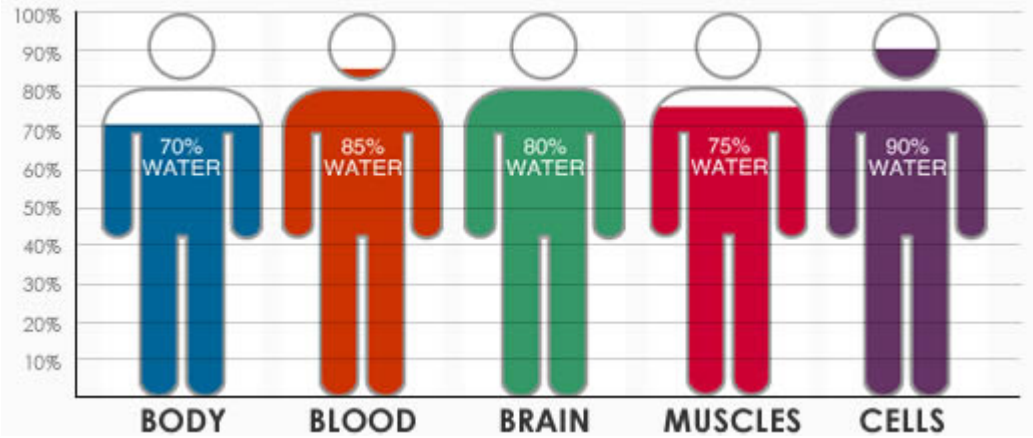
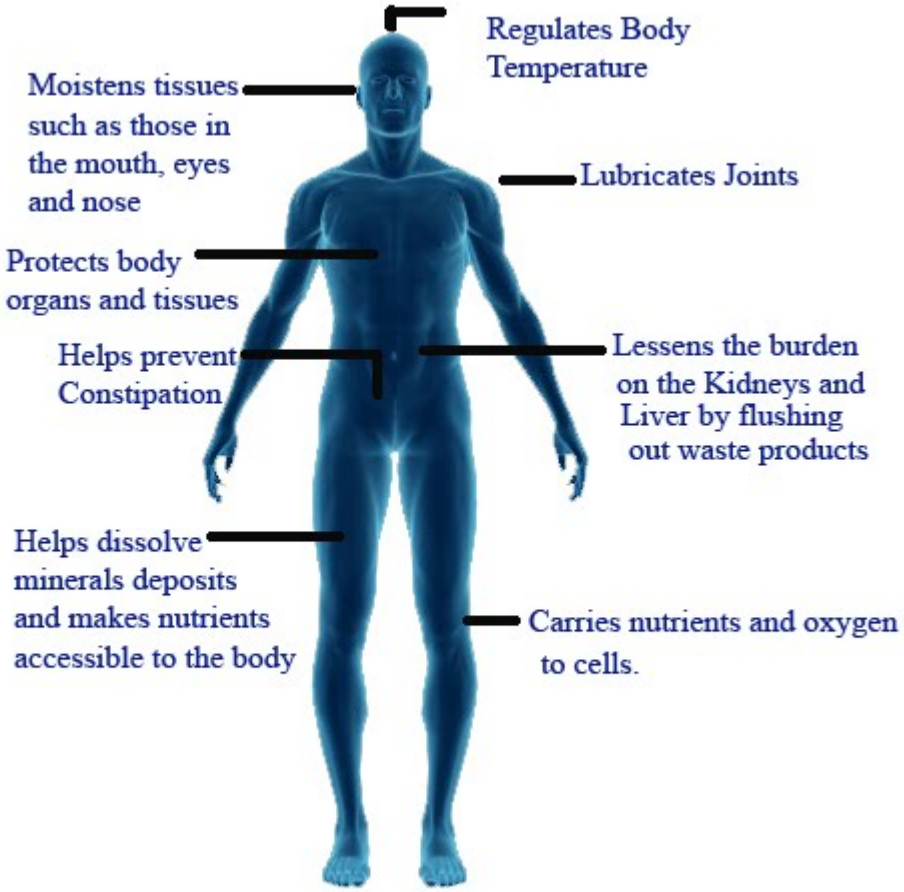
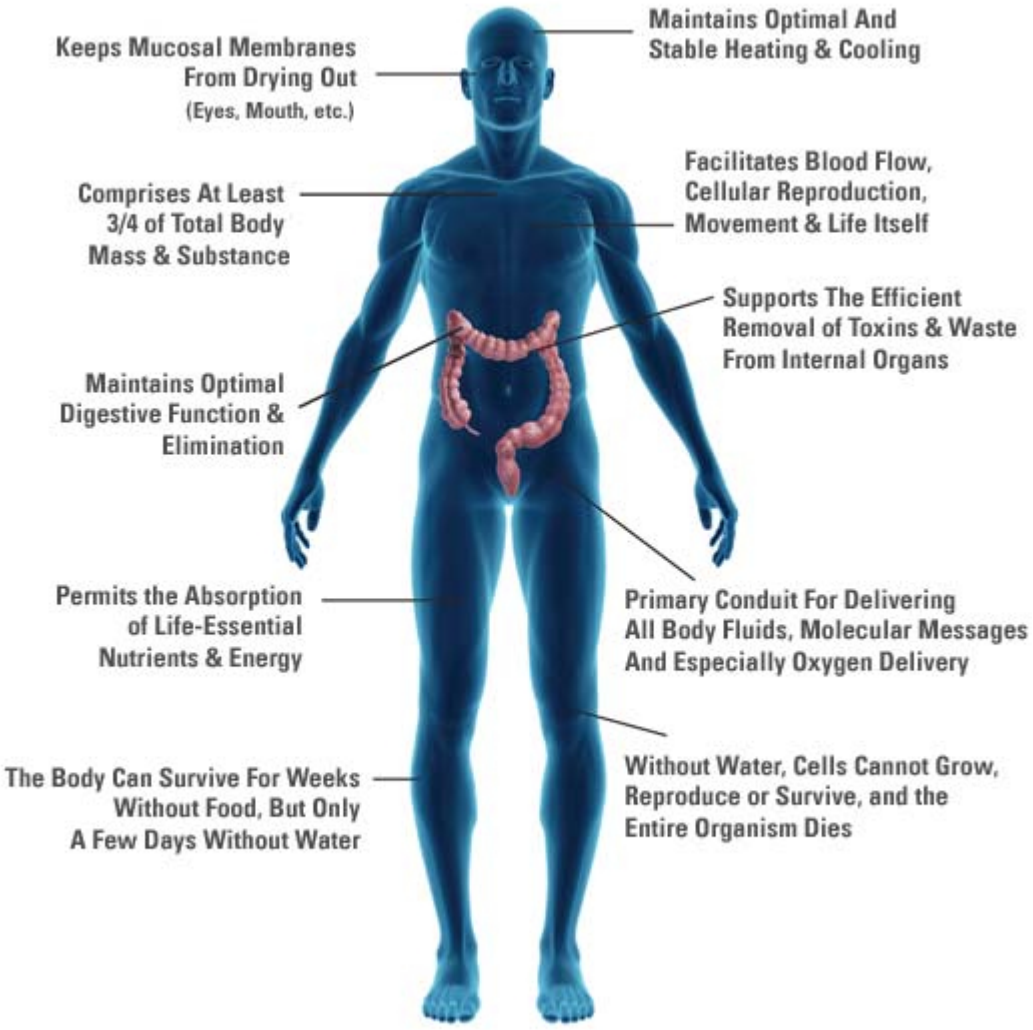


Photo courtesy to soulutionsfitness.ca

Water is responsible for dissolving most of nutrients, minerals, and substances in the biological processes in human body. It transports the required amount of essentials to different parts of body and also provides a moist environment for our ear, nose and throat tissues. Water is also play a vital role in flushing waste and toxins out of bodies.


Regulates Body Temperature
Moistens tissues such as those in the mouth, eyes and nose
Lubricates Joints
Protects body organs and tissues
Helps prevent Constipation
Lessens the burden on the Kidneys and Liver by flushing out waste products
Helps dissolve minerals deposits and makes nutrients accessible to the body
Carries nutrients and oxygen to cells.


Maintains Optimal And
Stable Heating & Cooling
Keeps Mucosal Membranes
From Drying Out
(Eyes, Mouth, etc.)
Facilitates Blood Flow,
Cellular Reproduction,
Movement & Life Itself
Comprises At Least
3/4 of Total Body
Mass & Substance
Supports The Efficient
Removal of Toxins & Waste
From Internal Organs
Maintains Optimal
Digestive Function &
Elimination
Permits the Absorption
of Life-Essential
Nutrients & Energy
Primary Conduit For Delivering
All Body Fluids, Molecular Messages
And Especially Oxygen Delivery
The Body Can Survive For Weeks
Without Food, But Only
A Few Days Without Water
Without Water, Cells Cannot Grow,
Reproduce or Survive, and the
Entire Organism Dies


The Health Benefits Of Drinking Water :
Helps To Lose Weight
Healthy Skin
Kind To Teeth
Fight Infection
Get Rid Of Body Toxins
Healthy Hearth
Prevent Joint Pain And Arthritis
Boost Energy
Prevent Constipation
Reduce The Risk Of Kidney Stones
Improve Productivity
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H_2...OH REALLY?

THIRST

Thirst is a useful indicator of daily fluid requirements. Unfortunately, it's not fully reliable since the body is already mildly dehydrated by the time an average person starts to notice thirst.[1]

MENTAL

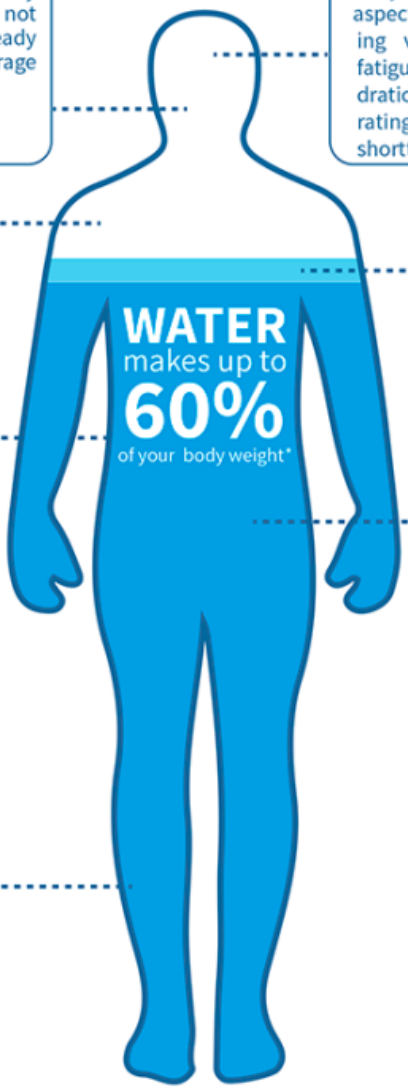
Dehydration can degrade specific aspects of cognitive performance including visual vigilance, tension, anxiety, fatigue and visual working memory. Dehydration was also linked to negative mood rating, impaired motor performance and shortterm memory.[6]

SKIN

Dehydration results in dry skin and wrinkles.[2]

DEHYDRATION

A 1% loss of body mass due to fluid loss is defined as dehydration.[7]



KIDNEYS

Higher water intake is shown to have a protective impact on the kidneys, and there is initial evidence that CKD (Chronic Kidney Disease) may be inversely related to higher water intake.[3]

A study by Dai et al found a strong protective effect of fluid intake in preventing kidney stone formation in men.[4]

WEIGHT LOSS

Opting for water instead of sugary drinks can help reduce body weight and fat levels. According to Stookey,[8] just drinking 500 ml (17 oz) of water increases energy expenditure by 100kJ. Findings in the same study indicate that an absolute increase in drinking water to to ≥ 1l (34 oz)/day was associated with ~2 kg or 5 lbs weight loss over 12 months.

PHYSICAL

Studies have shown that the modest level of dehydration (2% of body mass) can result in around a 20% decrease in physical performance levels in temperate climates and up to a 40% decrease in hot temperatures.[5]

*WATER

Water plays crucial roles, in transporting nutrients and waste products between our major organs and helping regulate temperature.[9]

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2) Atlanta dermatologist Kenneth Ellner, MD.
3) Sontorp et al. (2013) Am. J. Of Nephrology
4) Dai et al. (2013). J: of Renal Nutrion (23) 2
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6) Ganio et al., 2010; D'Anci et al., 2009; Smith et al., 2012
7) Kleiner SM. Water: An essential but overlooked nutrient. J Am Diet Assoc 1999:99:201-7.
8) Stookey, J. D., Constant, F., Popkin, B. M. and Gardner, C. D. (2008) Obesity, 16: 2481–2488.
9) Jequier E & Constant F (2010) Eur J Clin: Water as an essential nutrient.

How much should you drink every day?

This question looks very simple but there are no easy answers. Over the period of time multiple recommendations are available to this question:

Before answering the question, let see what are factors involved for calculating daily intake of water:

1. The climate, where do you live?
2. What is the nature of your work?
3. How is your health status?
4. How active are you?
5. Does your activity make you sweat?
6. Are you an athlete?

After considering the above points, there isn't specific formula available at this moment, which can fit to everyone. Multiple research and studies have been produced on this subject, with different recommendations over the period of time. Here are some of them:

Daily Water Requirements: Drink 50-75% of your body weight in Ounces (Oz).

Sedentary people: 50%

Active people: 75%

See example for a person with 150 Pound

	Sedentary People	**Active People**
Body WeightFor example take 150 Pound	50% of 150 = 75 Ounces(2.2 Liters or 9 Cups)	75% of 150 = 112.5 Ounces(3.3 Liters or 14 Cups)
Hot or humid weather	+16 Oz(½ Liter or 2 Cups)	+16 Oz(½ Liter or 2 Cups)

	Sedentary People	Active People
Strenuous Exercise	+16 Oz(½ Liter or 2 Cups)	+16 Oz(½ Liter or 2 Cups)
Total per day	107 Oz(3.2 Liters or 13 Cups)	144.5 Oz(4.3 Liters or 18 Cups)

Note: This is only an estimate. This may very person to person.

10 Benefits To Drinking Water

by Gerek Allen

10 Health Benefits of Drinking Lemon Water Every Morning

by GirlyTipsEtc

Why Drink Coconut Water? | Health Benefits of Coconut Water | The Healthy Grocery Girl® Show

by HealthyGroceryGirl

Alkaline Water

by Alka Viva



Free People Nomad Child Dress



Free People Flirt N Flare Dress



Free People Perfect Dream Dress