



# facts about WATER



- Water is the universal solvent – it dissolves metabolic waste products made by cells.
- Good hydration supports good lymphatic flow and proper blood viscosity.
- Dehydration causes the vascular system to selectively close some of its vessels, which leads to hypertension.
- Water makes up approximately 75% of our brain.
- Water is used for all metabolic functions including digestion, food absorption, blood circulation, temperature regulation, and nutrient transport.

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## Water can be lost through:

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|-------------------|----------------|
| • Breathing       | • Humidity     |
| • Sweating        | • Vomiting     |
| • Urinating       | • Diarrhea     |
| • Bowel movements | • Crying       |
| • High altitude   | • Blood loss   |
| • Heat            | • Infection    |
| • Drug use        | • Malnutrition |
| • Dieting         | • Diabetes     |
- Dehydration (a condition in which the body does not have a sufficient volume of water for normal functioning) starts after 2% of one's normal water volume has been lost, and if it progresses too far can ultimately lead to death.
  - As the body becomes adjusted to less water/mild dehydration, it loses the signal to drink and dehydration is perpetuated.
  - The thirst reflex decreases with age.
  - Mild dehydration can slow down the body metabolism by up to 3%!

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## Signs and Symptoms of Dehydration

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- o Constipation and/or hard, dry stools
- o Dizziness, especially when standing
- o Confusion
- o Fatigue
- o Headaches
- o Low blood pressure
- o Fainting
- o Thirst
- o Decreased urine output
- o Dry mouth



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## Suggestions and Tips

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1. Drink pure, filtered water throughout the day. Drinking small amounts more frequently is ideal.
2. As a rule of thumb: Drink as many ounces of water every day as are equal to half your body weight in pounds (e.g., body weight of 100lbs = 50 oz. of water per day)
3. During exercise, humidity, heat, and high altitudes, drink more water.
4. Coffee, alcohol, tea, juice, and soda are not substitutes for water and do not meet hydration needs.
5. Coffee is a mild diuretic and can cause excess water loss.
6. Your body will gradually adjust to adequate water intake and the need to urinate frequently will diminish as it adjusts.
7. Proper hydration by water may help to alleviate such common complaints as fatigue, achy joints, and muscles, digestive disorders, and skin eruptions.
8. The bulk of the water consumed throughout the day is best taken between meals. Enzymes are hydrolytic, but only a small amount of water should be sipped with a meal to avoid diluting digestive secretions.



**set goal**

**ACTION PLAN:**



**develop plan**

**goal:** \_\_\_\_\_

**action:** \_\_\_\_\_



**take action**

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**score your success**

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**plan:** \_\_\_\_\_

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**success score:**    scale: 1 (lowest) - 10 (highest)

**current score**

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**30 day score**

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**60 day score**

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