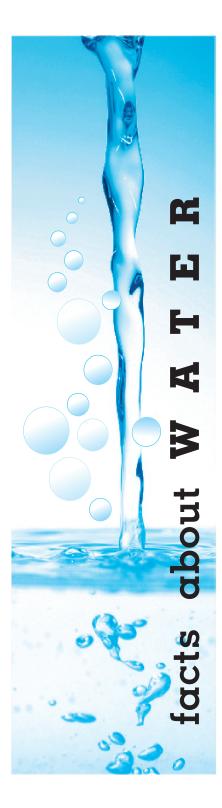
facts about WATER



- 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.

Water can be lost through:

- Breathing
- Sweating
- Urinating
- Bowel movements
- High altitude
- Heat
- Drug use
- Dieting

- Humidity
- Vomiting
- Diarrhea
- Crying
- Blood loss
- Infection
- Malnutrition
- 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.
- o As the body becomes adjusted to less water/mild dehydration, it loses the signal to drink and dehydration is perpetuated.
- o The thirst reflex decreases with age.
- o Mild dehydration can slow down the body metabolism by up to 3%!

Signs and Symptoms of Dehydration

- 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

Suggestions and Tips

- 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.
- Your body will gradually adjust to adequate water intake and the need to urinate frequently will diminish as it adjusts.
- 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		
score your success		
	•	
	SUCCESS score: scale: 1 (lowest) - 10 (highest)	
	current score	
	30 day score	
		•