

# May Newsletter

## THE IMPORTANCE OF HYDRATION



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### The Importance of Hydration

Finally the weather is getting warmer and we need to pay closer attention to hydration. Water is life! You need water to eliminate toxic substances, produce digestive enzymes, maintain healthy skin, hair & organs, and to help your body absorb essential vitamins, minerals and natural sugars. Water also regulates body temperature, stimulates metabolism and helps promote regularity. Fluids other than pure water don't act the same as water in your body, and they don't meet your needs for hydration like water does. By and large, most people are dehydrated from relying on other fluids besides water for their fluid intake. Coffee, tea, alcohol, sodas (or other caffeinated beverages) don't count; they're diuretics, which means they actually remove water and nutrients from the body.

### Chronic Dehydration

Chronic dehydration has been linked to the following symptoms and disease processes: Fatigue, constipation, headaches, indigestion, muscle & joint aches and pains, high blood pressure, depression, allergies, lack of mental clarity, skin issues and excess weight.

Whenever you are hungry or thirsty, reach for water first to see if it satisfies you. I have always recommended drinking 1/2 your body weight in ounces everyday (eg. Body-weight 150lbs = 75 ounces of water daily). Drink more water in hot weather or after strenuous activity or exercise. When you are properly hydrated, your urine will be essentially clear.

Many digestive problems, joint and muscle issues, problems with fatigue, and even your complexion will clear up by drinking more water, especially if you limit or eliminate fluids that actually dehydrate your body (sodas/caffeinated beverages/alcohol).

Its okay to drink some water with meals because digestive enzymes are hydrolytic (they are activated by water). So drinking a little water with meals is fine, but the bulk of water is best taken throughout the day between meals.

Drink up! Your body will love you for it in many different ways!

Check out our website [drwinkonline.com](http://drwinkonline.com)



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