

The Macronutrients

Water - Drink to Your Health



“I know water is important, but I just can’t seem to drink my eight glasses a day. Is it really necessary, and can I drink other things in its place?”

We often find people who don’t drink enough water are often the ones most resistant to it, which leads us to believe that most people know they need to drink more water, but they just don’t want to. But water (fresh, un-adulterated water) is vital to you and your body in more ways than you probably know.

Humans are in a constant state of dehydration. How do we know? Let’s look at it this way – how many people do you know drink 1-3 liters of water a day? Exactly our point!

Our bodies are made up of 80% water and this ratio must be maintained for good health. As a Certified Sports Nutrition Advisor, we have all our clients drink 20-30ml of water per kg of lean body mass. This works out to an average of 1-3 liters a day (this does not include additional water needs based on exercise levels).

Consistent failure to drink enough water can lead to chronic cellular dehydration.

This means the body’s cells do not get hydrated enough leaving them in a weakened state, and vulnerable to disease processes. This could be likened to “brittleness and fragile”. Not only does inadequate water intake weaken the body’s overall immune system and leads to chemical dysfunction, it also leads to pH imbalances, namely a state of acidosis, which has dire consequences for our health and well-being. And when we’re acidic in nature, it sets up our body’s internal landscape to welcome in acidic-based diseases like arthritis, heart conditions, diabetes, cancer and more. The ‘solution is dilution’ – when you drink more water, your body can flush out the acid waste fully and completely.

It is difficult for the body to get water from any other source other than water itself.

Soft drinks and alcohol steal tremendous amounts of water from the body. However, even other beverages such as coffee, milk and juice require water from the body to be properly digested. And remember, it takes 17 cups of water to neutralize the acidifying effect of one can of soda, diet or otherwise!

Drinking Water is Key to Weight Loss

Yes, you've heard it before but it bears repeating. If you eat right and exercise at the intensity, frequency and duration proper for you, but still can't get rid of a little paunch here and there, you're probably just not drinking enough water. Most people are also carrying around a few more pounds than they would be if they did drink enough water. If you can't seem to get that weight off, try drowning your sorrows in nature's magical weight-loss mineral. It works, and here's why...

Water metabolizes (breaks down) fat

There are many forms of metabolism going on in your body right now, but the one everyone is talking about is the metabolism of fat. This is actually something that the liver does when it converts stored fat to energy. The liver has other functions, but this is one of its main jobs. Unfortunately, another of the liver's duties is to pick up the slack for the kidneys, which need plenty of water to work properly. If the kidneys are water-deprived, the liver has to do their work along with its own, lowering its total productivity. It then can't metabolize fat as quickly or efficiently as it could when the kidneys were pulling their own weight. If you allow this to happen, not only are you being unfair to your liver, but you're also setting yourself up to store fat.

"But I just can't drink that much water!"

Yes, you can, it just takes time and training your body how to utilize this new commodity. During the first few days of drinking more water than you're used to, you're running to the bathroom constantly. This can be very discouraging, and it can certainly interfere with an otherwise normal day at work. It seems that the water is coming out just as fast as it's going in, and many people decide that their new hydration habit is fruitless.

Do take heed, though. What is really happening is that your body is flushing itself of the water it has been storing throughout all those years of "survival mode". It takes a while, but this is a beautiful thing happening to you. As you continue to give your body all the water it could ask for, it gets rid of what it doesn't need. It gets rid of the water it was holding onto in your ankles and your hips and thighs, maybe even around your belly. You are excreting much more than you realize. Your body figures it doesn't need to save these stores anymore; it's trusting that the water will keep coming, and if it does, eventually, the flushing will cease, allowing the human to return to a normal life. This is called the "breakthrough point."

Water is the best beauty treatment.

You've heard this since high school, and it's true. Water will do wonders for your looks! It flushes out impurities in your skin, leaving you with a clear, glowing complexion. It also makes your skin look younger. Skin that is becoming saggy, either due to aging or weight loss, plumps up very nicely when the skin cells are hydrated. In addition, it

improves muscle tone. You can lift weights until you're blue in the face, but if your muscles are suffering from a drought, you won't notice a pleasant difference in your appearance. Muscles that have all the water they need contract more easily, making your workout more effective, and creating fuller muscles, which look more flattering than flabby muscles under sagging skin!

**** Remember, drink a minimum of 1 - 3 litres of fresh water every day.**



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