

How Important Is Water?

Are you ever concerned that you are getting enough water? If there is one nutrient lacking in the American diet, it is water. Here are some important facts that most people do not know about water and its' benefits for a healthy body:

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a UW study.
- Lack of water is the #1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory trouble with basic math and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79% and one is 50 % less likely to develop bladder cancer.

Here is how to figure your requirements for your daily water intake:

Take your body weight in pounds and divide it by two. This represents the minimum number of ounces of water you need each day. Now, add 8 oz. for every 15 minutes of intense activity. You also need to add an extra oz. for oz. for any carbonated, caffeinated, or alcoholic beverage. These beverages act as diuretics and cause fluid loss to the body.

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