



WATER

Covers 70% of the planet and makes up 70% of our bodies (85% of the brain). All chemical reactions in the body require water as a medium and it serves as a major transport route ferrying nutrients into and waste products out of each cell.

Causes of dehydration: Diuretic drinks (e.g. tea, coffee, alcohol, soft drinks), sugary or salty food, hot weather, exercise, medication, recreational drugs etc.

Symptoms and outcomes of dehydration: constipation, fluid retention (the body builds up fluid to dilute accumulating toxins), hunger, dry skin, dry vagina, dry eyes, poor joint mobility (water is needed for optimum joint lubrication), predisposition to stomach ulceration (a healthy stomach lining and mucosal barrier is dependent on adequate hydration), increased histamine (pro-inflammatory) levels etc.

If you do not drink enough water your body will try to acquire it through implementing a conservation strategy: limiting water loss from the faeces, sweat and urine this in turn leads to constipation, a build up of toxins in the liver (as water is the major toxic elimination medium) and dull, dry, inelastic skin.

Most nutritionists and naturopaths recommend their clients consume 8 millilitres per pound of body weight (or 16mls if stressed or ill) of filtered/ bottled water a day. This usually transcribes into at least 1.5 litres in addition to any other drinks consumed to avoid the effects of dehydration.