



Why We Provide Water. Water an Essential.

Water does a body good. We depend on water to survive. Each cell in our body, every tiny tissue, every organ is useless without water.

We all know this, and have been advised to drink between 8-10 glasses of water per day by doctors, health magazines, etc. They keep hammering it home, too. Articles (such as this one) are still coming out on the importance of drinking water. With all the reminders, obvious benefits, and overall importance of staying hydrated, why do so many of us still find it so hard to get our daily water intake?

I am going to say something nobody wants to say, yet we all feel; Nobody likes water. Not as a beverage, at any rate. If anyone enjoyed drinking water, we would not have invented things like soda, lemonade, even those Miso water flavoring packets, marketed to make your drinking water more palatable.

Drinking water is admittedly a drag. Not only do you have to remember to drink water, but you also have a lot of other drink choices competing with flavor or lack thereof. While a soda or sports drink may sound thirst-quenching, the sugar and other extras are not going to do you any favors—and they might even dehydrate you more.

If you can help it, stick to water. But if you really want a different beverage, at least drink water in addition to it. Remember, water is the cheapest drink out there! Choosing to drink water instead of soda could save you about \$312 every year.

Keep your daily activities in mind, too. If you are exercising or doing any strenuous work, staying hydrated beforehand can ensure you feel good while you are working. If you have been drinking a lot of coffee, caffeinated tea, or alcohol. They act as diuretics, causing you to urinate more and lose some water.

If you are in a warmer climate, you sweat more and need more water than you would in a temperate zone. It is possible to drink too much water, so do not overdo it, but your body can process 15 liters of it every day. The “happy medium” range is wide.

Learn to enjoy water. Have you ever stopped and taken notice of what happens in your body when you drink water? Go ahead, drink an 8-ounce glass of water right now, and see how you feel. You may notice at first how your lips feel a little plumper. If you rub your fingers together, you may find your skin is less tight. Drink another 8-ounce glass of water, and you may now find that minor headache you had earlier is ebbing. When you are good and hydrated, everything in your body can relax, and run smoothly. It is indeed tempting to reach for those sodas and other substitutes, but water for survival is water for survival.



If you are still rationalizing not drinking enough water, I will leave you with one final reason: it is good for you! Do not do it because you like it, do it because it is good for you. We still must eat our vegetables, even if we do not like them, it is good for us. Drink your water.

P.S. Because you are concerned for your health and survival... you probably have a water filter and some water in storage. That is a good start... but you are not out of the woods yet.

DEHYDRATION

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Mild to Moderate Dehydration Symptoms

- › Dizziness
- › Lightheadedness
- › Drowsy or fatigued
- › Headache
- › Few or no tears when crying
- › Thirst
- › Dry, sticky mouth
- › Dry skin
- › Decreased urination
- › Constipation

Severe Dehydration Symptoms

- › Irritability or confusion
- › Fever
- › Delirium or unconsciousness
- › Sunken eyes
- › No tears when crying
- › Extreme thirst
- › Dry mouth and mucous membranes
- › Shriveled and dry skin
- › Low blood pressure
- › Rapid heartbeat
- › Rapid breathing
- › Little or no urination
- › Darker than normal urine

FACTS

75% of Americans are **chronically dehydrated**

Lack of water is the No. 1 trigger of daytime fatigue

37 percent of Americans mistake thirst for hunger

Skip the old "eight cups of water per day" rule. Research now indicates that in most cases healthy adults can **use thirst to determine their fluid intake needs.**

DANGER! Seek Medical Attention If:

- › **Irritable or disoriented** and **much sleepier** or less active than usual
- › Can't keep down fluids
- › **Severe diarrhea**, with or without vomiting or fever
- › **Bloody or black stool**
- › Moderate diarrhea for **24 hours or more**

Please Note: We also offer clean water in a variety of ways, from sealed water pouches (4.225 OZ) to Two Gallon Bags Plus Solar Boiling of Water Purification. See our white sheet paper -Why We Provide Water and Food.



Water-More Information

Next to air, water is the element most necessary for survival and therefore a top priority. A normal adult is 60 to 70 percent water. We can go without food for almost two months, but without water only a few days. Yet most people have no idea how much water they should drink. In fact, many live in a dehydrated state.

Without water, we would be poisoned to death by our own waste products. When the kidneys remove uric acid and urea, these must be dissolved in water. If there is not enough water, wastes are not removed as effectively and may build up as kidney stones. Water also is vital for chemical reactions in digestion and metabolism. It carries nutrients and oxygen to the cells through the blood and helps to cool the body through perspiration. Water also lubricates our joints.

We even need water to breathe: our lungs must be moist to take in oxygen and excrete carbon dioxide. It is possible to lose a pint of liquid each day just exhaling.

So, if you do not drink sufficient water, you can impair every aspect of your physiology. Dr. Howard Flaks, a bariatric (obesity) specialist in Beverly Hills, Calif, says, "By not drinking enough water, many people incur excess body fat, poor muscle tone and size, decreased digestive efficiency and organ function, increased toxicity in the body, joint and muscle soreness and water retention."

Water retention? If you are not drinking enough, your body may retain water to compensate. Paradoxically, fluid retention can sometimes be eliminated by drinking more water, not less.

The minimum for a healthy person is eight to ten eight-ounce glasses a day, says Dr. Flaks. "You need more if you exercise a lot or live in a hot climate. And overweight people should drink in an extra glass for every 25 pounds they exceed their ideal weight. The human body is composed of 25% solids and 75% water. Brain tissue is said to consist of 85% water.

It has become a practice to regard a "dry mouth" as a signal of body water needs, which is further assumed to be well-regulated if the sensation of "dry mouth" is not present. A dry mouth is the *last* outward sign of extreme dehydration, however. Damage occurs to the body at a persistent lower level of hydration. Because of a gradually failing thirst sensation, the body becomes chronically and increasingly dehydrated.

Signals of dehydration can be any of the following symptoms: -

- Heartburn, stomachache
- Non-infectious recurring or chronic pain
- Low back pain
- Headache
- Mental irritation and depression



- Water retention (ironic but true!)

Further problems often develop when the sensation of thirst urges an intake of water, and instead, soda pop, coffee, or alcohol-containing beverages are taken to quench the thirst. While these beverages contain water, they are dehydrating fluids. Not only do they eliminate the water contained in them, but they also cause you to lose further amounts of water from your body's reserves!

Daily Water Requirements: Drink 50-75% of your body weight in ounces. Sedentary people: 50%; Active people: 75%

Example Calculation:

Pounds of body weight	150 lb.
Water requirement from above (75% of body weight for an active person)	112.5 oz.
Add for dryness of climate.	+ 16 oz.
Add for strenuous exercise	+ 16 oz.
Total per day	144.5 oz.
Divide by the number of hours you are awake to find your hourly water requirement: $144.5 \div 16 =$	9 oz.

Therefore, a 150-pound active person who works out should drink 9 oz. of water for each hour awake.

Food -If activity is reduced, healthy people can survive on half their usual intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women. If your water supply is limited, try to avoid foods that are high in fat and proteins, and do not stock salty foods, since they will make you thirsty.