

WATER - HYDRATION

For good performance, clarity of thinking, and proper mind / body function, the body depends greatly on water. Without adequate amounts of pure filtered water, the body's electrical system is impaired, and the lymphatic system and organ function is not optimal.

In Chinese medicine, the central nervous system is represented by the Water element. Balancing the fluids in the body, and addressing hydration helps to stabilise the central nervous system. Stress, of any kind, dehydrates the body and causes a loss of potassium and magnesium. These minerals can be found in vegetables and fruit, which also help to hydrate the body.

Researchers at Virginia Polytechnic Institute and State University studied the effects of water balance and cognitive function. *They discovered that mild dehydration — as little as losing 1 percent to 2 percent of body water — can impair cognitive performance*

The brain is 75-80% water and is first in line to uptake water. Even a daily deficiency of a few hundred ml can affect brain function. Strive for a minimum of 1.5 litres daily – up to 2 litres sipped throughout the day.

Percentage of water contents: lungs 90%, heart 80%, muscles 76%, skin 72%. We also need water to produce the fluids in the body – stomach acid, digestive juices, bile, sweat, tears, urine, faeces, lymph, plasma, synovial fluid in joints, saliva, mucus, semen, vaginal fluid, intracellular and extra cellular fluids, cerebrospinal fluid. If you drink adequate water and reduce diuretics these organs will have a greater chance of working more optimally, you can feel more energised, and the brain will be able to think more clearly.

Stress (emotional, psychological, environmental, lifestyle, nutritional, structural), caffeine, alcohol, sugar, mouth breathing have a diuretic / dehydrating effect on the body.

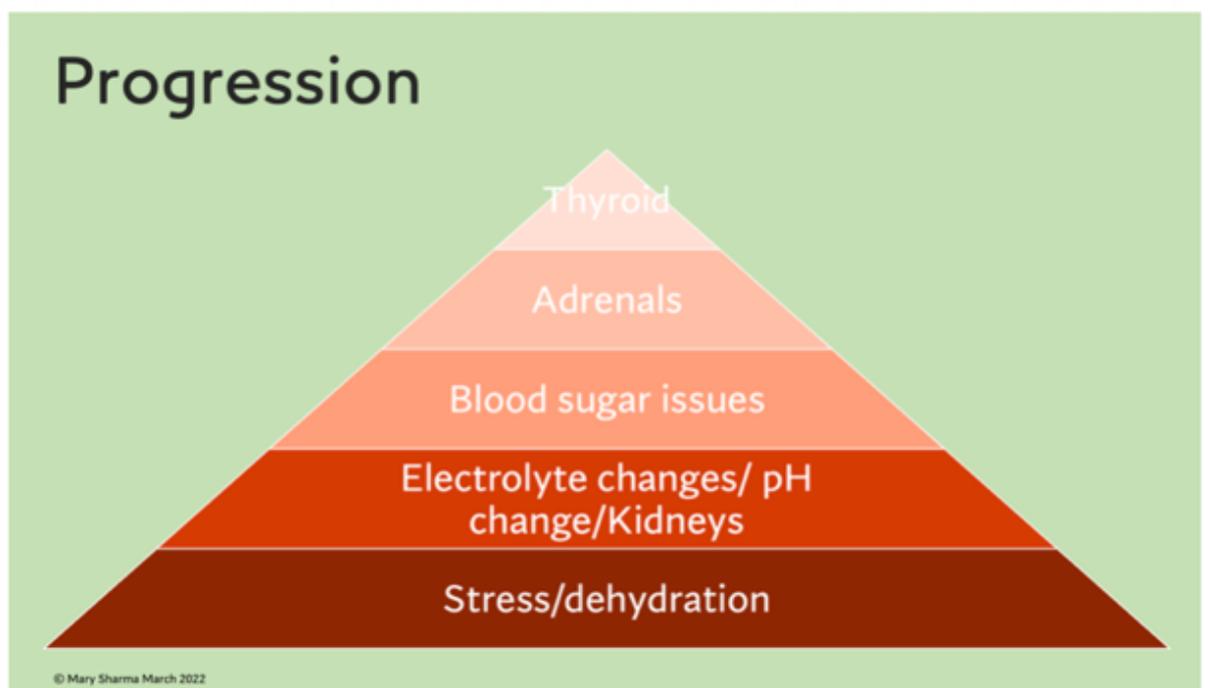
Vegetables and fruits (max 3 portions of low sugar fruits daily) are hydrating as they not only contain water, but they are packed with electrolytes (magnesium, potassium, sodium, calcium) which help to balance cellular hydration. See the images below which explain.

There is a lot more to dehydration than just feeling thirsty and most do not realise that they are chronically dehydrated. Just a few symptoms include: -

- Dry mouth
- Sleepiness
- Decreased urination
- Fatigue
- Dizziness
- Diarrhoea
- Muscle spasms
- Feeling thirsty or hungry
- Muscle weakness
- Headache
- Nausea
- Constipation

Whenever you are in pain of any kind – headache, muscular pain, stomach pain etc., drink some water and often it will help.

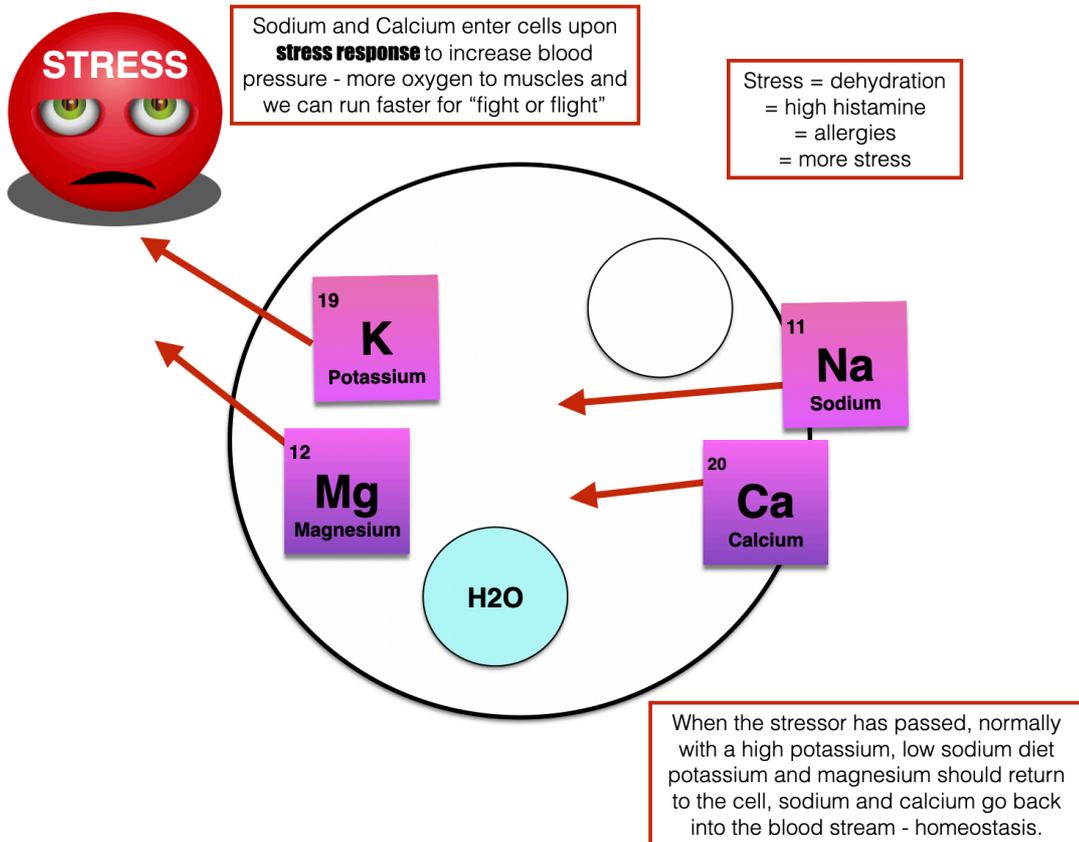
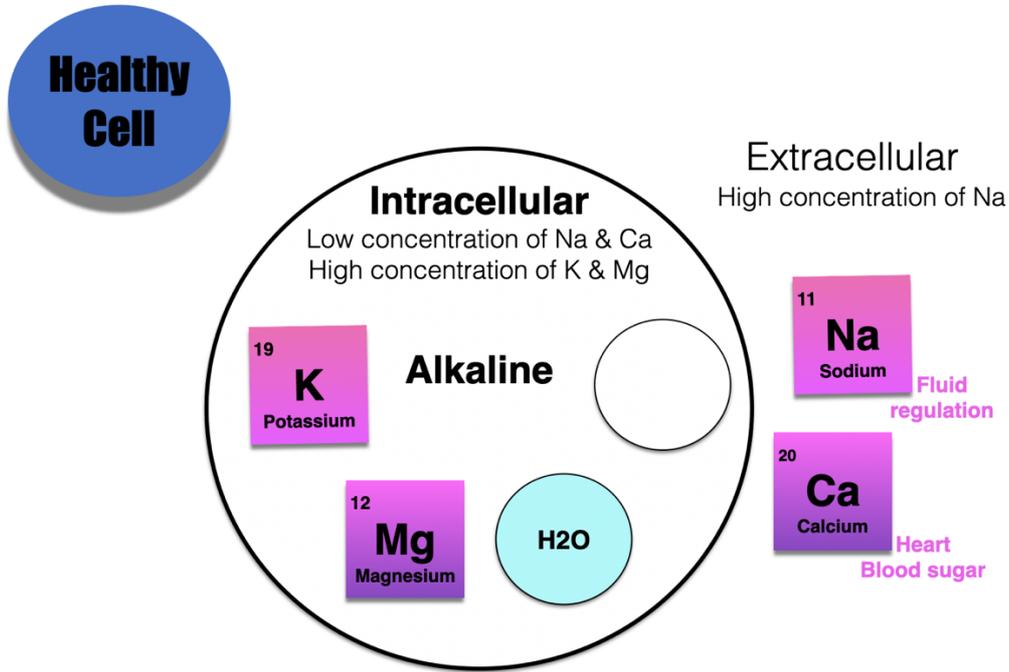
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Hydration isn't just about how much water we ingest, it is also about how much fluid leaves the body and stays in the body - how hydrated we are on a cellular level. We need essential

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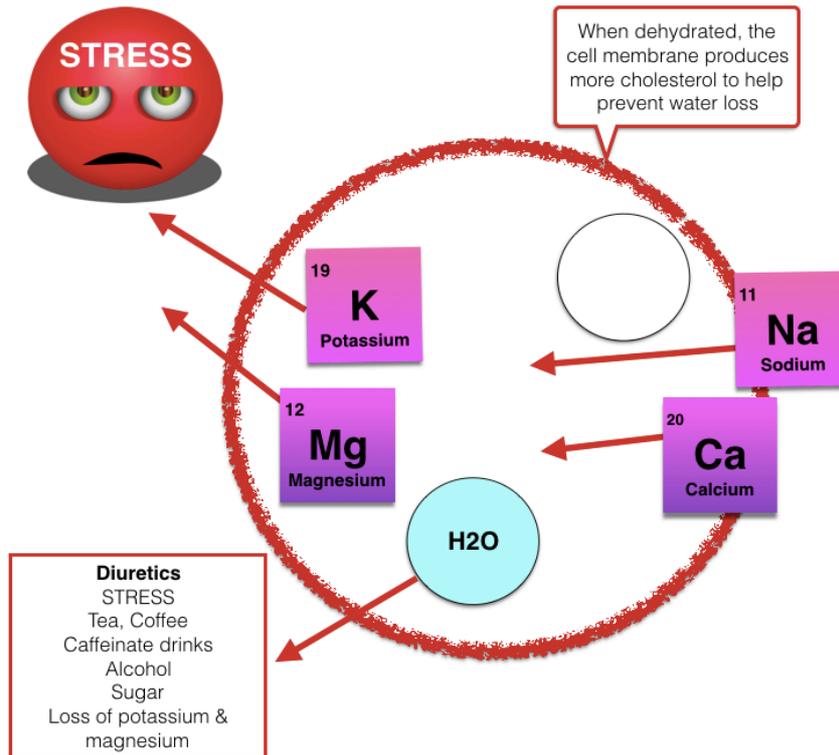
fatty acids in our cell membrane to hold in water. When we are stressed, sodium and calcium enter the cells and move magnesium, potassium and water out of the cell.



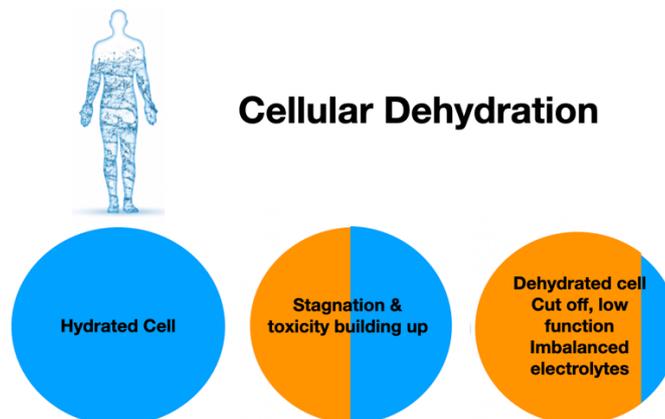
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Diabetes is essentially a fluids issue because magnesium is so important for blood sugar balance, and when we are stressed, magnesium and potassium take water with them out of the cell and there is not enough magnesium left for appropriate blood sugar balance.

If we are dehydrated, to hold in water, more cholesterol can then form around the cell membrane (which is partly made of cholesterol), to help keep the water in the cell.

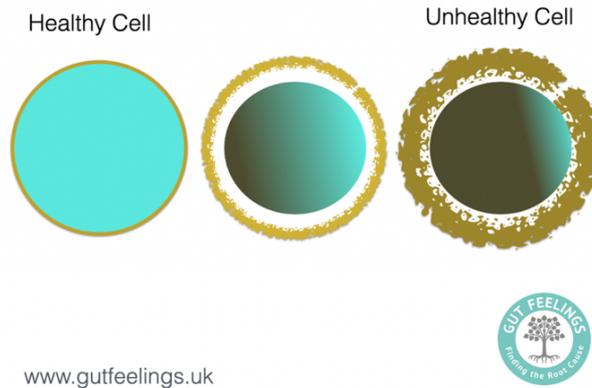


When the cell membrane becomes thickened, less waste and nutrients can enter the cell and one can also have a feeling of being “cut off” from the world.

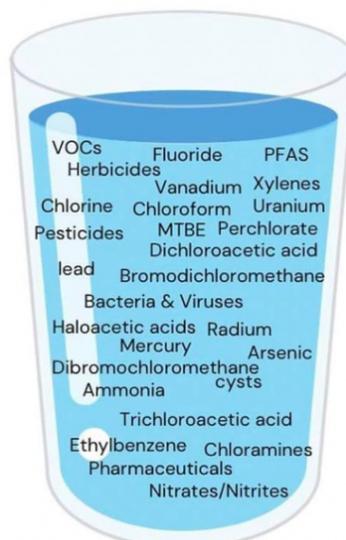


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So, when minerals are imbalanced, the cell, like the brain, can become cut off.



- Gradually increase water to 1.5-2 litres of filtered water daily, **sipped** throughout the day. Once the body is presented with water on a regular basis it starts to get in touch with its 'natural' thirst and will ask for water more regularly. If we don't drink water when the body is thirsty, within half an hour we will be hungry and craving sweet treats etc.
- If water does not stay in your body, it may be that you are deficient in essential fatty acids to hold the water in the body or are drinking too much water in one go.
- Linseed tea – 3 times daily in water or herbal tea. See separate Fact Sheet
- Galium (cleavers) tea for the lymphatic system – See separate Face Sheet
- Gradually reduce (and eliminate) tea and coffee (stimulants). Green tea is ok. It still contains some caffeine but has many benefits. Or try Dandelion Coffee (by Aquasol from The Natural Dispensary)
- Fresh lemon and ginger tea several times daily – ginger helps support digestion and inflammation
- If we filter our water, it gives our detoxification system less burden and work to do. Also take note of whether you have copper pipes which can imbalance copper-zinc ratio.



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Water Purifiers – some options available

- Britta Filter – may not remove as many of the impurities as the ones below
- Zero Water (filters are about £15 per month) – purchase from Amazon – removes all minerals so you may want to add a little Himalayan salt or sea salt to your water or add a little to food
- Phox (glass) – need to purchase filters <https://www.phoxwater.com/>
- There are also more expensive ones that you can fit to your own plumbing system

