

***Wellness Webpage  
Rambling on with Kathleen!***

**Water, Water, Water!**

"If there is magic on this planet, it is contained in water."

Loran Eisely, *The Immense Journey*, 1957

During these last hot days of summer we probably continue to be nurturing our thirsts. Unfortunately, most people would prefer a soft drink, tea, or coffee instead of water. We always hear that healthy, pure water is so good for you, but did anyone really ask why?

Naturally, we realize water hydrates our bodies and most of us know to take a glass of fluid and to drink up when we get a dry mouth or that thirsty feeling. Soft drinks, alcohol and caffeine drinks like coffee and tea, may taste good going down but these drinks will continue to dehydrate our systems. Water hydrates our body better than any other drink.

As with any dietary or nutritional concerns, individuals should check with their physician before making any changes to their current fluid intake. Some people may be on special diets or have certain health conditions that would require monitoring fluid intake and output or that would indicate a need for special care or limiting certain foods and / or fluids.

Some simple facts to remember about our human bodies:

Just like the Earth, our bodies are about 2/3rds water.

Blood is about 83% water

Muscles are 70 - 75% water

The Brain is 74% water

Bone is 22% water

Liver is about 96% water (Liver uses water to metabolize fat into energy.)

Lungs are about 90% water

With the above noted, we know water has many uses in maintaining physical and mental health.

Water intake:

- Hydrates our bodies
- Removes Toxins and Waste Products from the Body

- Improves Energy – (Some believe that lack of water is the #1 reason of fatigue during the day.)
- Improves Brain Function (thus effects mental wellness)
- Effects Weight Loss – Increased water intake / or replacing other drinks with water, supposedly increases the metabolism.
- Reduces Headaches and Dizziness- (Dehydration is thought to be a factor in headaches.)
- Assists with Digestion
- Provides possible relief from minor arthritis and bone or joint pain – the bones and joints need fluids and movement for optimal performance.
- Promotes Healthy Skin – Water improves and moisturizes your skin from the inside out!

Some tips to help you get started:

1. Start choosing water over other drinks or at least alternate.
2. Invest in a water cooler for your house or purchase bottled water so it is more easily available, just like those bottled or canned soft drinks that are just so easy to crack open! Then buy less soda / other drinks for your home.
3. Get on a schedule and fit water drinking right into your routine to get at least 8 glasses a day.
4. Take a glass (or two) of water to bed with you.
5. Don't wait until you are really thirsty to quench your thirst or hydrate your body.
6. Find a good water source to purchase to be sure you are truly getting the healthy pure water instead of water that may have other chemicals added.
7. Drink water with each meal.
8. Remember the golden rule- nothing in excess.
9. Talk with your doctor or health care practitioner about your water and fluid intake and consumption.

Sources: Home Water Filter Guide  
Colorado Drinking Water  
Betterway Health

To learn more on this topic of water intake you can discuss it with your medical or health care professional, investigate the internet yourself or contact Kathleen at one of the following sites.

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