



12 Things You Should Know About Water

We are always told that we should drink more water, but why? The human body is made up of 55-60% water and is one of the body's 6 key nutrients. Here are some of its many important functions:

1. Carries nutrients to our cells
2. Aids digestion by forming stomach secretions
3. Flushes bodily waste
4. Keeps kidneys healthy
5. Fights fatigue and gives you extra energy
6. Helps clear skin
7. Prevents muscle cramps
8. Regulates body temperature and metabolism
9. Helps keep lymphatic system flowing
10. Reduces inflammation
11. Promotes cartilage health
12. Slows the signs of aging

How much should I drink?

Between 64 ounces and 0.67% of your body weight in water is what you need to be fully hydrated.

For example, if your body weight is 150 pounds then you need to drink anywhere between 64 ounces and 100 ounces of water per day. You can track your water and food intake daily through www.cronometer.com.

What kind of water is best?

It is best to use reverse osmosis or a distilled source when buying bottled water. Avoid the smaller plastic bottles that "crunch" when you squeeze them. "Filtered water" is highly variable in quality: ask about fluoride and dissolved pharmaceuticals.

Reverse Osmosis (RO) needs minerals, so add Celtic, Islandic, or Himalayan salt 1-2 crystals in each 16 oz of water. Islandic salt can be purchased from www.crucialfour.com. Rain Fresh is a great water company based out of Garland, TX.