

HYDRATION



Water is one of the most important elements that civilization relies on. The human body consists of **60%** water. According to H.H. Mitchell, Journal of Biological Chemistry 158, the brain and heart are composed of **73%** water, and the lungs are about **83%** water. The skin contains **64%** water, muscles and kidneys are **79%**, and even the bones are watery: **31%**.

Essential Functions of Water:

- Building materials serves as a vital nutrient to the life of every cell.
- Regulates our internal body temperature through respiration and sweating.
- Transports carbohydrates and proteins that our bodies use as food in the bloodstream.
- It assists in flushing waste, mainly through urination
- Acts as a shock absorber for brain, spinal cord, and fetus during pregnancy.
- Forms saliva.
- Lubricates joints.

How Much Water Should I Drink Per Day?

According to the Institute of Medicine:

- **Men - An adequate intake is roughly about 13 cups (3 liters) of total beverages a day.**
- **Women - An adequate intake for women is about 9 cups (2.2 liters) of total beverages a day.**

What about the advice of 8 glasses of water daily?

According to the Mayo Clinic, everyone has heard the advice, "Drink eight 8-ounce glasses of water a day." Although the "8 by 8" rule isn't supported by hard evidence, it remains popular because it's easy to remember.

Tips to Increase Water Intake:

The CDC offers the following tips to help you drink more water throughout the day.



- **Carry a water bottle everywhere for easy access.**



- **When eating out choose water instead of a sugary drink.**



- **Add lemon or lime wedges, cucumber, mint leaves to add a hint of flavor to the water.**

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