

# WHY WE NEED WATER



The Benefits of Staying Hydrated

|  |    |
|--|----|
| How Staying Hydrated Aids Digestion                    | 3  |
| How Staying Hydrated Encourages Better Immune Health   | 5  |
| How Staying Hydrated Encourages Healthy Bowel Function | 7  |
| How Staying Hydrated Helps Maintain Skin Elasticity    | 9  |
| How Staying Hydrated Helps Muscle Efficiency           | 11 |
| How Staying Hydrated Helps To Balance Your Mood        | 13 |
| How Staying Hydrated Helps Weight Loss                 | 15 |
| How Staying Hydrated Helps With Temperature Control    | 17 |
| How Staying Hydrated Improves Joint Lubrication        | 19 |
| How Staying Hydrated Improves Memory Function          | 21 |

## How Staying Hydrated Aids Digestion

You could be the type of person who would like to savor all the flavors of all the cuisines in the world or someone who maintains a strict diet and a healthy lifestyle. In either case, you can never take away the fact that you would want your food to be tasty and delectable. Food could be a guilty pleasure or a source of healthy nutrients - it does not matter. What matters is how you look after your body with regards to the food you eat.

Even if you are eating healthily, the process of digestion can present ills for the rest of your body. The large intestine is acidic by nature, and oils and some types of enzymes can interact to cause ulcers. During periods of intense physical exertion and exercise, your digestive system remains largely inactive while food and drink within rot and ferment, causing intestinal and stomach cramps.

Regular water intake is crucial in maintaining a healthy digestive system, without which it would be impossible to digest food properly. When you are properly hydrated, your stomach has an easier time breaking down food as water helps in softening digested matter and absorbing nutrients. The inner lining of the large intestine which absorbs nutrients can be clogged with waste matter which may end up in the bloodstream, yet there is no way to clean this from outside the body.

If you are chronically dehydrated your body will start to experience acid reflux, constipation and other digestive disorders. Poor digestion can lead to a variety of other problems as the body is unable to draw nutrients from the food you eat. Even if you maintain a strictly healthy diet, your body would still be starved for nutrients and this will show in how you walk, move about and exercise. In order for the digestive system to break down solid food, a sufficient amount of water is required. Softer portions of the digestive matter is dissolved and liquefied to extract their basic elements, which are absorbed into the circulatory system and sent to the liver for processing.

The harder parts are sent to the excretory system to be disposed of with the next bowel movement, yet some of this matter manages to stay in the digestive tract. When coupled with

fibrous fruits and vegetables, water can help to sweep away this digested matter and leftover toxins from the digestive system into the excretory system, creating more space for the next meal and saving yourself the pains of gastrointestinal cramps and ulcers.

If you are suffering from acid reflux and digestive pains, you will often be told to consume more water yet this may lead to disappointing results as you still suffer from constipation. If this is the case, the problem lies not with the quantity but the quality of water that you consume. To be optimally hydrated and free of digestive problems, it is advisable to take energized spring water. It contains electrolytes that can energize and hydrate your body's cells. If you live in the tropics, it won't be so hard to find coconut water which is also full of electrolytes and beneficial enzymes, but it should never be taken on an empty stomach. To keep your immune system healthy while cleansing your digestive and excretory system, you might want to add lemon or lime to your water for a citrus fizz.

Once your digestive system is swept clean and hydrated, you will be able to absorb nutrients far more efficiently and make the most out of a healthy diet and exercise regimen. Health begins from the inside, not from the outside. While all the talk of muscles, biceps and triceps are fine and dandy, you should pay attention to how protein and necessary nutrients might not find their way to your muscles and skin if the food you eat is not even digested properly. You can sweat the toxins out during your workouts, you can watch your bowel movement for signs of sickness and you can take your Vitamin C daily, but you won't hear about taking care of your digestive system as much. Do yourself a favor and get the garbage out right before you binge out again. Healthily, this time around.

# How Staying Hydrated Encourages Better Immune Health

In today's fast-paced and demanding society, it is easy to get sick yet it is crucial for us to avoid sickness. Once you step out of your front door, you are prone to all sorts of viral infections, airborne diseases, germs and allergens. Most of us have responsibilities which keep us busy around the clock: families, work, friends and everything else we need to be accountable for. To end up bedridden is to lose valuable working hours and time which should have been spent entertaining our loved ones. With so little time on this earth, there's so little time we should spend being sick.

Yet being exposed to the possibility of sickness is unavoidable, so you should minimize how often it happens by taking care of your immune system and protecting your body in all ways possible. Synthetic medicines may be available at your nearest pharmacy or you may have enough stocked up in your medicine cabinet, yet these are merely cover ups for symptoms of your body's vulnerabilities. Besides your daily intake of Vitamin C from supplements and citrus fruits, there is an often ignored yet highly effective way of keeping your immune health in optimal shape. You can keep yourself immune from sickness by hydrating yourself regularly.

Whenever you do not hydrate yourself properly, the body saps the stored water reserves from your organs to make up for the losses caused by sweat and urination. This results in feelings of thirst, dry skin and lethargy as the body enters a kind of survival mode. The body is unable to deliver nutrients to the organs and is unable to expel toxins, weakening the immune system and allowing sickness and disease to enter.

Skin needs vitamins and nutrients much like the rest of our organs and water is the means by which these are transported throughout the body. Hydration and water play key roles in the body's metabolism as it is involved in every organ in your body and every circulatory process. Water helps to absorb, process and transport four key vitamins, store essential carbohydrates in fatty and liver tissue, and remove waste products in the blood. You lose body fluids through evaporation in sweat, breathing, urination and stool, and these must be replaced continuously to ensure optimal immune health. Blood urea nitrogen is the main toxin in your body and it can only be purified in the kidneys, yet the kidneys are never able to completely expel this in urine

without proper hydration. If you do not properly hydrate yourself, you will be at risk for kidney stones which can block the passage of toxins from the body, causing other major complications. Without optimal water levels in every organ in the body, every function would be compromised and negatively affected.

Water also helps to bring oxygen into the body as an aid to breathing. Without oxygen, the brain would not be able to function clearly and metabolic processes in the blood would lack their purifying abilities. As the purest element beneficial to human circulation, oxygen present in water administers immune function by aiding in cleansing toxins present in the blood.

Proper hydration is the least expensive, worry-free and most effective way to keep the immune system in great shape. While it is imperative to load upon beneficial enzymes and Vitamin C to keep your immune health at optimal levels, without enough fluids in the body, there would be no way for nutrients to reach their destinations. Water comes before all else in keeping the body healthy in the truest sense of the word.

Eating citrus fruits like lemons and oranges contains the twofold benefits of vitamins necessary for immune function and hydration necessary for the body's water reserves. On the whole, it is still advisable to follow the guideline of drinking eight glasses water a day in order to keep your water reserves full. You will be able to face the world, hold down a demanding job and live up to the responsibilities of dealing with your loved ones with care if you are less stressed and sick. The simple yet effective solution of hydrating properly on a daily basis assures you of this and much more.

# How Staying Hydrated Encourages Healthy Bowel Function

Everything you will ever learn about staying healthy would never be complete without considering how the body expels toxins and waste. The food you eat and the air you breathe brings in beneficial oxygen and nutrients that help in building your physique and allow your organs to function properly yet these contain bacteria, germs and viruses that are harmful unless properly disposed of through the sweat glands and excretory system. The oil used in cooking food and preservatives in canned goods have a leaching effect on your digestive system, staying there long after the digestive matter has passed on.

Before you know it, you may start suffering from chronic constipation which could affect your work and is a source of embarrassment for your friends and loved ones. Aside from bad eating habits, chronic constipation is caused by a low fiber diet, pregnancy, medication, travelling at high altitudes and irritable bowel syndrome. But beyond all these, chronic constipation is a direct result of not being able to hydrate yourself properly. You can become so engrossed in flavorful food that you often forget to drink and hydrate to balance out how much you eat.

Constipation causes intense feelings of discomfort, especially when coupled with stomach ulcers. You would never want to skip out on work meetings and family gatherings just to take trips back and forth to the bathroom, suffering the humiliation of having people notice your awkward movements.

Dehydration can happen whenever the body eliminates more fluids than it absorbs. By drinking even less fluids than you need during exercise, moving around under hot weather and humid climates and working hard on your daily activities causes your body to use up its stored water reserves. You should be able to listen for cues that your body needs water, such as dry mouth, thirst and sweat. Adequate hydration helps digestive matter flow efficiently along the gastrointestinal tract and prevents the formation of hard stools which are difficult to pass. On the other hand, the body makes up for a lack of fluid by pulling water from the stools in your colon, causing constipation. Eating fruits that are rich in fiber can also help drive waste matter from the gastrointestinal tract as fluid pumps up the fiber and sweeps these along like a broom would.

Moderate your exercise routines by sipping small amounts of water in between weights, crunches and the like. Indulge in fruits rich in dietary fiber such as mangoes as these contain antioxidants which will also help to boost your immune system and ward off infections and viruses. Avoid energy drinks as these are modified to desensitize you to the feeling of thirst while providing only empty calories. In truth, that is a high price to pay for an energy boost that leaves you feeling dehydrated at the end of the day. Choose water that is not acidic in nature in order to minimize the risk for bad stomach reactions and keep yourself well hydrated.

Although drinking more fluids in itself does not cure constipation, it keeps stools soft and easy to pass. The Institute of Medicine's Food and Nutrition Board recommends that women need to take 91 ounces of fluids a day while men need at least 125 ounces. Besides water, you can hydrate yourself by adding fruit and vegetable juices and soups to your diet and take herbal teas which can also add a soothing effect to your bowel movement. What you should avoid are alcohol, sodas and coffee which act as diuretics by sapping water from your body and contributing to dehydration.

You might have the discipline to eat a healthy diet, go to the gym regularly, jog once or twice a day and stay in controlled environments far from the pollution of the city. Yet the prudent thing to do is to not fool yourself that you have all your bases covered and that you'll stay healthy for life by staying as you are. Pay close attention to your bowel movement and watch out for cues that you may be holding in more toxins and waste matter than you think you would. It is very easy to find ease and relief in simply hydrating yourself daily and keeping yourself comfortable, even on your own toilet.



# How Staying Hydrated Helps Maintain Skin Elasticity

Who doesn't want radiant, glowing youthful skin? Soft and supple, light to the touch, it feels good to hug and hold when you feel good in what contains you, especially in the arms of another person. Besides your face, it is also another barometer of beauty when people look at you. Some people say that age is just a number, and this is true in the sense that your looks determine how you are treated via first impressions. Those who are old but look young are treated as if they're young and they still manage to get partners who are relatively young.

Vanity aside, your skin contains a lot of water and protects against fluid loss. As your body is made up of 60% water, it is the largest organ in (and on) the body. The skin matrix is comprised of three layers: the epidermis (outer layer), dermis (underlying layer) and the subcutaneous fat tissue. If the epidermis does not contain enough water, the skin starts to appear cracked and old, allowing wrinkles to form. Declining hormones like testosterone, progesterone and oestrogen, can result in a loss of collagen and skin elasticity, causing an overall thinning of the skin. Drinking coffee, alcohol and smoking can put oxidative stress on the skin, making it prone to wrinkles and dehydration. Yet above all, aging is the main factor in dehydrated and flaky skin. The dermis and epidermis are able to hold less water the older we grow, so you may need to consider hydrating your skin early on if you want to appear and feel younger as you age.

Dehydration makes skin look wrinkled and dry, yet the quality of your skin tone can be improved with proper hydration. When you are properly hydrated, your kidneys are able to excrete the excess fluids from your body. Aside from the common guideline of drinking eight glasses of water a day to keep your skin hydrated, you can take some simple actions to keep your skin light, supple and elastic such as:

- Avoiding exposure to dry and humid air.
- Using a humidifier in home and work environments.
- Using gentle cleansers instead of soap.
- Abstain from skin care products containing alcohol.
- Avoid prolonged contact with chlorinated or hot water.
- Use a moisturizer immediately after taking a bath and throughout the day.

Going beyond the eight glasses guideline, to keep your skin effectively hydrated, it is advisable to drink water equal to half your body weight every day. For example, if you weight 140lbs, you should be drinking 70 ounces of water daily which is about two liters. The quality of drinking water also has a lot to do with dehydration as water that is acidic can cause oxidative stress on your skin, so even if you are prudently drinking your fill, it only ends up counterproductive.

Those in weight loss programs have to contend with sagging skin as this is a direct result of losing calories and protein at a rapid rate. Proper hydration helps to restore the balance and keep your skin supple throughout the process as water fills the spaces between skin cells, keeping it plump and reducing the appearance of wrinkles. By using moisturizer, you can lock moisture in your skin. However, you shouldn't expect this to be a remedy to fine lines and wrinkles.

Most fruits and vegetables contain heavy amounts of water and beneficial enzymes to improve your immune system, so you may want to straighten out your diet for the sake of your skin. Consider eating less meat and getting lean protein if you want to keep your figure, yet go heavy on fruits as these will manifest in radiant and glowing skin that feels fresh and good to the touch. You might think that your skin will always stay rough as you advance in years and work harder in laborious tasks, but the truth is that skin can go back to being bright if you manage to cleanse it from the inside, and there is no simpler way to do that than by keeping it hydrated with a lot of water. Who doesn't want to look and feel young again? Start with your skin.

# How Staying Hydrated Helps Muscle Efficiency

The quest for the body that is fit inside and out is always punctuated by talk of muscles: triceps, biceps and the like. You might want to show off for the next beach trip by impressing the opposite sex, as muscle tone speaks for itself in terms of discipline and sex appeal. Or you might want to be strong enough for yourself, to lift stuff around the house or go about your daily activities without feeling weak and lanky. In any case, you've taken the necessary measures upon yourself as you go to the gym daily, watch your calorie intake and maybe even bought yourself a large amount of protein to help your body grow bigger faster. With muscle growth, results are everything, and you just can't wait to see them grow so you can show off. Then again, maybe you just want to feel good about yourself.

A crucial detail that is often missed in bodybuilding programs is the importance of hydration in helping your muscles towards optimal efficiency. Without proper hydration, your muscles start feeling cramped and slow. It is crucial to drink at least 17 ounces of fluid before exercise, and to sip small amounts of water in between exercises.

Lean muscle in the body is comprised of 80% water and it needs to be constantly hydrated to function properly. If you exercise without hydrating properly, the lean muscle does not contract effectively, causing early pains and reducing strength and endurance. These are the first signs of muscle fatigue as cells that do not keep a proper balance of electrolytes and fluids begin to shrivel and performance begins to suffer. A lack of hydration also translates into a lack of oxygen that is necessary during exercise, causing hyperventilation.

Dehydration lowers blood volume and makes it harder for the heart to pump the reduced amount of blood to get enough oxygen into the cells, making exercise difficult. By not paying attention to how your body needs to hydrate before exercise, you end up slowing your workout progress and not getting the muscle buildup that you want.

Muscles that are well hydrated contract better as the water inside and outside the cells provide adequate nutrients and expel wastes more efficiently. Water also helps in lubricating joints and makes it easier for you to lift weights or bench press. While protein helps you build muscle

mass, you may end up with a heavier and slower physique if you move around without proper hydration as the lack of water impairs flexibility and affects posture. For martial artists, it is counterproductive to have a large physique yet not be able to move freely about, making an easier target for kicks and blows.

Imagine how agile you would be if you were to hydrate properly while keeping a firmly muscle toned body. Not only would you look good with ripped muscles and all, you would be quick of foot and arm, reacting speedily to every exercise routine and jogging run. In time, your body would feel less sluggish and you can walk as if you're half your own weight, with ease. You would never have to cover yourself up at the beach as you get all the attention you so rightfully deserve: as a fit and toned new you.

It is advisable to drink lemon water before and after exercise as the enzymes and Vitamin C in citrus fruits help your immune system combat viral infections present in any gym or jogging route. The prudent thing to do is to avoid getting sick while building your body towards muscle efficiency and growth, so it would never do any good to contract cough and colds which could possibly put you in bed for days and cut into your exercise regimen.

Avoid caffeinated drinks such as coffee, sodas and alcohol as these can fool your body into believing that you've solved the symptoms of thirst when in reality, you're adding only empty calories into your body that you need to exercise double time to get rid of. In the end, muscle development and efficiency can only be paid for through discipline, prudence, patience and a lot of water. Don't ever forget to hydrate.

# How Staying Hydrated Helps To Balance Your Mood

People are generally used to feeling good. Our basic motivations are to avoid pain and gain pleasure. We would like to feel satisfied, fulfilled and happy all the time, if we could help it. Unfortunately, the world is never designed to keep us happy all the time and we go through stressful life events which fill us with feelings of anxiousness and fear. We respond to this by going to social clubs, pursuing cheap thrills and having an all-out good time when we can. Beyond all the quick fixes, we never truly pay attention to how our bodies determine our overall moods.

Even on a bright and sunny day, the heat can simply add to the stress you're feeling from the daily grind. Bone-tired and fatigued and work, it would seem like the sky, the weather, and even the very air we breathe conspire to make us realize how life would always be far from perfection. While you can never control the weather or your present circumstances, you can adhere to some simple solutions to decrease your stress and improve your mood. You can drink more water and pay attention to hydrating yourself regularly.

Mood is directly affected by cellular dehydration which is triggered by emotional, physical or mental stress. Patterns and repeated bouts of stress further aggravate dehydration within the body, allowing disease and mental imbalances to set in. The brain should be about 85% water, and even mild dehydration can cause mood swings such as anxiety, irritability and affect your ability to concentrate. Even if you are not involved in physically taxing activities, not consuming enough water can make you feel fatigued as the body utilizes its water reserves to carry out its functions. This also leads to a lack of oxygen and manifests in headaches and nausea. Under these conditions, it becomes harder to become efficient at your job and to treat your loved ones right, as your patience gets shorter and tempers flare easily. Dehydration also impairs cognition and makes it difficult to concentrate, making it harder for you to focus on creative and technical tasks. If you ever notice yourself missing words while typing a document only to be surprised at yourself later once you read it, you begin to understand that your short term memory is skipping out. You'll probably be more surprised to realize that drinking more water keeps you alert and able to remember more.

Tryptophan is an amino acid needed by the brain to produce serotonin, which regulates mood and gives us our overall sense of wellbeing. Dehydration can limit the amount of tryptophan which reaches the brain as it does not have the means for proper transport, resulting in low mood, depression and feelings of anxiety. Even if you are not chronically depressed, you might start developing patterns of mental imbalance if you forget to hydrate yourself properly. While exercise releases more endorphins, serotonin and other 'happy hormones' into your bloodstream, you can be pulled out of Cloud 9 as you sweat out and leave you gasping for air and your body severely dehydrated. Hydrate yourself an hour before exercise and sip small amounts of water in between. Losing even a small amount of water during strenuous physical activity can deplete your oxygen reserves, which manifest in headaches.

The mental health market is rife with all sort of resources for coping with low moods and uncontrollable temperaments: books, pills, psychologists, clinics, even specialized facilities. What you do not often hear is that simple hydration does far more than synthetic medicine in helping you pull through a bad mood, a terrible day, or a psychological imbalance. There are people who bravely weaned off their pills and home care to be able to exercise, hydrate and take care of their bodies, doing things naturally and reaping the benefits of feeling truly and physically alive once more. Even if you are not a depressive or at high risk for anxiety attacks, you can do more for your mood and overall well-being by simply drinking more water daily, not even waiting for the sensation of thirst to grasp at you. A healthy and happy demeanor attracts more people who want to share in your good mood, just don't forget that it starts from the inside.

# How Staying Hydrated Helps Weight Loss

There are plenty of weight loss programs and regimens available to anyone today, all within the convenience of browsing at the local bookstore or at the click of a button on the Internet.

Exercise routines and diet plans often suggest a variety of food, medication, pills and supplements for those interested in losing weight and staying healthy. If you want to live longer by trimming fat or look good for that beach trip next summer you will never lack the necessary information. However, a skilled dietician would point out what many of these articles forget to include: the role of hydration in weight loss.

Like most people, you probably have the urge to quench your thirst by grabbing a soda, juice or energy drink as soon as your mouth feels dry. You may also live in a place where the sun shines on longer than in other States, or maybe a hot and humid area like a tropical country or a nation with a desert climate. If you're disciplined enough to stick to your diet, you'll be watching your calorie intake not only with the food you drink but also with the beverages you consume. After all, you're trying to shed off excess calories, not add to them. It would be counterproductive to jog three laps around the block only to end up gulping down a Slurpee and convincing yourself you earned it. To keep yourself hydrated while you're on an exercise plan, the best substitute for caloric beverages is water. Weight loss is not all about a set of pills, repeated exercises day in and day out and short cuts like diet hacks who claim significant results with minimal effort in just two weeks or so. No diet plan is ever successful without discipline, yet it doesn't take a lot of effort to remind yourself of a reasonable amount of water intake.

By itself, water does not induce weight loss. It can, however, make you feel full without calories and hydrate your body without the additives present in sodas, energy drinks and the like. If your regimen includes cardio and strength training, you'll sweat out most of the liquids that keep you hydrated and may need to replenish at regular intervals. A lack of hydration also translates to less oxygen in your body. Instead of energy drinks, choose a non-caloric beverage such as water. It contains a healthy amount of oxygen that complements what you get from breathing so you don't end up panting as soon as you put down the dumbbells.

As soon as you drink a beverage, your body needs to warm or cool it to 98.6°F which is basic body temperature in order to metabolize it further. When consuming a cold drink, your body expends one calorie for every ounce of fluid. If you drink a liter of cold water, you burn off 32 calories without having to do any physical activities. Imagine the wonders this can do for you along with your exercise regimen if you keep at it for a whole year.

Drinking water before every meal helps to suppress your appetite and prevent you from eating too much, further lessening the risk of overindulging on the food on the table. Fruits and vegetables also contain large amounts of water and juices while substituting for fatty and oily meats which add to dehydration as these are processed slowly by the body and pull water out of the colon for energy. Staying hydrated also keeps your metabolism working perfectly, allowing you to process nutrients and expel toxins more efficiently. The Panhandle Health District stated that dehydration slows down a person's metabolism by 3%, which may also run counter to a dieter's plans in the long run.

It is advisable to not drink caffeine-laden drinks such as coffee and sodas, as these are diuretics that serve only to make you lose more fluids. By and far, water may still be the best option for hydration instead of those heavily advertised energy drinks. Never forget a healthy amount of fruits and vegetables as these, besides their obvious health benefits, contain good amounts of fluids that keep you hydrated throughout your activities. All in all, a good weight loss plan depends on hydration, and adequate hydration depends on good water intake on a day to day basis.



# How Staying Hydrated Helps With Temperature Control

You instantly know when your body is wrapped in too much of the wrong temperature. When you forget to bring your coat or jacket to the office you start to shiver when the air conditioning is turned up too high. Winter can afflict you with a severe case of hypothermia if you're not too careful about stepping into thin ice into a frozen lake. For those living in the tropics, you tend to sweat even with minimal effort. Although the body tends to acclimatize towards homeostasis or a natural and calm temperature to keep itself functioning properly it needs to be properly hydrated in order to maintain equilibrium. We often try to control our body temperature by staying in air conditioned rooms, wearing more jackets or drinking hot and cold drinks. While this is necessary, it is also vital to learn to control your body temperature from the inside by understanding the mechanism of how it works.

The human body is composed of 60% water. It acts as a thermoregulator by dissipating heat within the body mainly through sweat and its evaporation on the surface of the skin. Our skin needs constant fluid replenishment in order to replace water lost through sweating and urination while going through work, breathing, exercise, and any other physical activities. The more involved you are in your workout and exercise regimen, the more water you should be taking. When you are properly hydrated, the body uses fluids to diffuse the heat trapped in the layers of your skin. Heat is released from the body when blood vessels expand close to the skin's surface, causing blood to flow more freely and releasing body heat into the air. If your body is dehydrated, it takes a higher environmental temperature for your blood vessels to expand, resulting in your body remaining uncomfortably hotter. As you become low on fluids, the brain triggers the body's thirst mechanism. However, by the time you start feeling pangs of thirst, you are already considerably dehydrated.

You might even think that drinking cold water will help your body acclimatize towards a stable temperature whenever you feel hot during a humid day or after an intense workout. This is not the case. The body works to change the temperature of the water into that which the body can use for digestion, doubling the effort it takes for fluids to be useful and possibly contributing to

an imbalance in body temperature. Once fluids enter the body, it has to be warmed or cooled to 98.6F before it can be properly utilized.

If you feel that drinking plain water is becoming boring, you might want to try adding lemon or lime to give it a citrus flavor. The antioxidants and Vitamin C present in citrus fruits will also help to your immune system healthy and ward off infections. Coconut water is rich in potassium, sodium and electrolytes, keeping you energized for the long day ahead and giving you a tropical fizz. It is much easier to keep yourself hydrated if you enjoy what you're drinking as if you didn't need to watch over your healthy. Most natural fruit juices taste far better than colas and sodas, you just need to get into the habit of drinking healthily with style. If you still want to stick with drinking plain water, be sure to consume only spring water as acid present in most tap water will only aggravate undesired mood swings.

When you feel too much body heat you may take it to be a sign of an impending sickness, yet while this is true, it is also a sign that your body temperature is trying to achieve a certain balance. There are no hard and fast rules as to the amount of water you should be drinking as it depends on your body mass, lifestyle and the humidity in your area, but you can always be sure that you will have to keep drinking enough water to make you feel comfortable in your own skin: not too hot and not too cold. It may not be realistic to be happy for 24 hours a day, but a general sense of well-being is a goal worth working hard for.

# How Staying Hydrated Improves Joint Lubrication

Few things about the body speak of freedom more than the joy of moving about. At certain points in our lives, we felt good just to be able to walk, run, jump around and dance to our heart's content, laughing as we do so. As we grow older we realize that we often take our freedom of movement for granted as body pains set in. We find ourselves in pain to stretch and move our limbs, breathing heavily as we do so when we are no longer young. Arthritis and gout start to set in, making the smallest of movements feel like our greatest daily struggles. Then it becomes easy to reminisce about what freedom we had when our bodies ailed so little.

You may not be able to get as much of the energy of youth back, but you can still hope to ease yourself from joint pain if you pay attention to how proper hydration affects your joints. Joint pain is a symptom of how dehydrated your body is, along with nausea, headaches and fatigue. If your body cannot draw fluid from your lesser organs, it can draw it from your joints and make movement an ordeal. Staying dehydrated does not affect only your skin and sense of endurance, it can also affect your bones.

Dehydration takes place as your body uses more fluids than it is able to take in. As our bodies are composed of 60% water, we lose much of this through sweat, urine, breathing, tears and bowel movement. Practically all of our organs rely on water to carry out their functions as nutrients are carried back and forth to them. Water is also necessary for lubricating the joints, spinal cord and tissues. Without adequate lubrication, our joints feel creaky and unwieldy and even simple movements require more energy. In extreme cases, bending a joint with no lubrication can cause great pains and keep you bedridden. Our bones are covered with cartilage and connected together through ligaments.

Synovial fluid is the lubrication which acts as oil would between two metal parts. As we grow older, the joints no longer produce as much synovial fluid and cartilage begins to rub on cartilage as we move about, and this causes excruciating pain. It is both awkward and uncomfortable to just stay in one place simply because you cannot bend your elbows and knees, yet this inevitably becomes the case in people who are afflicted with arthritis. Joint pain

is also usually brought on by hereditary factors and is a symptom of more complex conditions such as gout, mumps, lupus, flu, tendinitis and sprains.

While drinking enough water to stay hydrated is a crucial guideline to keep joints lubricated, it is important to remember that joint pain is a complex condition that requires the assistance of a trained professional. Occupational therapists can suggest exercises that can keep you limber even as you attempt to reduce the pain in aching joints. There are breathing exercises that can also help decrease the pain you feel, as pain can manifest itself as a lack of oxygen that should be present in your brain while you are dehydrated. You may want to try drinking coconut water as it contains electrolytes necessary for keeping you energetic and alert, which is necessary if you want to move about despite the sheer pain of aching joints.

For those who are not suffering from heavy conditions such as arthritis yet can feel the onset of joint pains coming on, it may not be too late to take the healthy route and hydrate yourself regularly and keep your joints lubricated. In time you will be able to go through mile-long jogging runs, bench press, move about and keep pain to a minimum.

If you are anticipating your advancing years, do the prudent thing and drink water daily starting now and save yourself the trouble of dealing with exorbitant bills, hospital beds and seeing fear and worry in your loved ones. Value your freedom of movement as much as your life, the world is a big and open place that was made for us to move about in with ease, not in a wheelchair.

# How Staying Hydrated Improves Memory Function

Besides all the menial tasks you need to accomplish daily, you should be able to keep a reasonable mindset and remember a lot of things. Even those who keep planners by their side tend to forget certain things to do, much to the chagrin of their bosses and families. Have you ever been to the grocery store to buy all the ingredients for the family dinner only to miss out on one key vegetable even if you had the list at hand? Did you forget the right time for an important meeting even if it was set on alarm on your smartphone? You might be suffering from short term memory loss even if you believe you are keeping yourself healthy. You might not believe it but if you constantly forget to drink water you may find yourself dehydrated and experience anxiety, fatigue, headache spells and have a hard time concentrating. This is the reason why you have a hard time remembering things and grasping at your memories. It is not a matter of simply 'staying healthy,' as they say. Even if you are eating the right food, staying healthy requires that you keep yourself hydrated.

Drinking the right amount of fluids and brain function are directly related. The digestive system carries water and nutrients to the brain to keep it bright and at optimal efficiency. If you fall short of the required amount of water, you end up experiencing memory loss, depression, fits of anger, irritability, headaches, fatigue and brain fog. The human body is composed of 60% water and the activities of the brain and nervous system can be severely impaired if you are dehydrated. The brain itself is composed of 85% water and it should have constant access to water for it to be properly oxygenated. Water is the source of the brain's electrical energy for thought, memory and other cognition processes. It also helps the brain produce beneficial hormones and neurotransmitters. Half of the brain's activity involves the transmission of neurons through the nervous system which would explain why you feel sluggish and slow if you are dehydrated. When you are fully hydrated, you are able to think through things clearly, be stable and alert, sustain focus and think faster. You will notice that you can remember events more vividly and keep them in your head much longer. The brain does not store water in itself so it needs constant replenishment to stay in optimal efficiency. If you do not want to operate throughout the day with just half your wits about you, consider bringing water with you wherever you go and not even waiting for thirst pangs to set in before you take a sip. Water is also essential for carrying nutrients into the brain and expelling toxins.

You may have a habit of using coffee to stay awake at your tasks and drinking alcohol when you want to enjoy yourself and forget your problems. These are diuretics which only exacerbate the symptoms of dehydration, depriving your brain of the oxygen, nutrients and lubrication it needs to function properly. Alcohol interferes with how the brain communicates with the rest of the organs and causes excretion of fluids, further leading to dehydration. Consider adding citrus fruits like lemon and lime to your pitcher of water in order to increase the antioxidants and preserve your immune system. Toxins can also reside in the brain and it may take a little more than water to expel them properly.

The body operates by sending messages back and forth through the brain. When this message center is compromised, it manifests as awkwardness in your movements, bad moods and headaches. If you realize that you are starting to forget things, the messages are no longer reaching their recipients. For all this trouble it is probably easy to not forget a guideline as simple as drinking enough water to keep yourself hydrated throughout the day. Be wise and stay sharp, there's a lot to live for and a lot more worth remembering if you have the will to take care of your well-being. Build yourself and your loved ones a lot of happy memories starting today, starting with something as pure as a glass of water.