

## Drink Your Way To Health With Water!!!

Some nutritionists would suggest that as much as 80% of the population is walking around dehydrated. We drink too much tea, coffee and fizzy drinks containing caffeine, which prompts the body to lose water.

Water is necessary for your body to absorb vitamins and nutrients. It also detoxifies the liver and kidneys and carries away waste from the body. And when it comes to digestion water is essential. For example, fibre needs water to be digested, without water it can cause constipation and extreme discomfort.

If you are dehydrated your blood is literally thicker and your body has to work harder to cause it to circulate. As a result the brain becomes less active, it's harder to concentrate and you generally feel fatigued.

Drinking 8 glasses (2litres) of water a day will: -

- Improve your energy levels
- Increase your mental and physical performance
- Remove toxins and waste products from your body
- Keep skin healthy
- Help you lose weight
- Reduce headaches and dizziness
- Aid digestion

Tips for drinking water

It can be difficult to remember to drink enough water every day so here are a few healthy tips to help you reach your "water mark" every day.

- You are naturally thirsty (i.e. dehydrated first thing in the morning. Help your body flush out the toxins it has been processing all night by drinking a glass of water first thing.
- If you are cold drink warm water or green/herbal teas instead of dehydrating tea/coffee.
- Don't wait until you are thirsty to have a drink – you are already dehydrated if you feel thirsty.
- Get into the habit of drinking water throughout the day – keep a bottle with you at all times.
- Compensate for diuretics (things that "steal" water from your body). If you drink coffee, tea or fizzy drinks drink a few glasses of water to make up for the water that these diuretic beverages "leech" from your system.

Stay Healthy

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