

# Is Dehydration the Drought of Our Body?

The drought in California should not influence the hydration of our bodies. So many of us are in a continual state of mild to moderate dehydration. While



this state isn't severe it is problematic. Water is good for all of our bodily functions including healthy looking skin, strong muscles, digestion, absorption of nutrients, circulation, brain function, and so much more.

Every morning when we get up we are starting out our day dehydrated. Many of us go for the first cup of coffee as soon as we get out of bed. Coffee is a diuretic, so it actually is making us more dehydrated. It is better for us to drink at least eight ounces of water before our morning brew. This will wake up the mind, energize our bodies and put us in a better mood for the day.

Dehydration is a condition where we do not have enough water in our body to maintain adequate fluid balance. Thirst is your body's signal that you are on the way to dehydration, so it makes sense to drink before you get thirsty. Surprisingly we lose the sense of thirst as we get older. The senior population needs to be more concerned about fluid balance since it is so critical for overall health and mental function. Being well hydrated can increase cognitive function by as much as 30%. Even mild dehydration makes you tired and drains your energy.



While sugary drinks taste good, they are a source of unwanted calories. A slice of lime or lemon will enhance the flavor of water and will help rid the body of toxins by increasing urine output. If you need to sweeten your water try adding a slice of fruit such as strawberries or melon. Every dieter knows that drinking

more water helps control appetite so that we consume fewer calories.

The amount of water we need to consume depends on multiple factors such as where we live, physical activity, gender, even our state of health. General rule of thumb is eight 8-ounce glasses of water per day, also known as the 8X8 Rule which is not supported by scientific research. This is close to the recommendation by the Institute of Medicine stating cups of fluid a day for men and 9 cups a day for women.



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8

ounces of water with meals helps with digestion. Alcohol causes excess excretion of fluids due to interfering with the brain and kidney communication. This further increases dehydration.

Drinking too much water is rare in the healthy individual. However there are several disease states which makes it necessary for fluid restriction. Congestive heart failure, certain kidney liver adrenal and lung diseases may impair excretion of water from the body. On the other hand pregnant women and breast feeding women need to drink more fluids to stay hydrated.

While many people prefer the taste of bottled water our tap water is safe to drink. A reverse osmosis system is the ideal way to process tap water for those who concerned about its safety.

How do you know if you are getting enough water? Simple: if your pee is clear to light yellow you are sufficiently hydrated. So sip, sip water throughout your day.

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