

Got Water?

It's summer time and the heat is on. This is a critical time to drink your water and stay hydrated. Water is essential to life. In fact, water is second only to air in importance to keeping you alive and it makes up to 75% of your body weight. Most of you probably know that you should drink a minimum of eight, 8 oz. glasses of water a day. As a physically active person, it's even more important for you to keep hydrated (10 glasses or more).

Water is necessary to regulate your body temperature, it eliminates toxins from your body, it nourishes the skin and other tissues, and it's the medium in which the blood circulates to keep everything in our body alive. If you're not getting adequate amounts of water, vital oxygen and nutrients won't be getting to your muscles, causing you to feel weak and fatigued. You'll notice a definite decline in your performance.

Remember to drink plenty of water in the hours before your workout or match and then make sure to sip throughout your activity. Contrary to what the sports drink marketers would have you believe, water is still the best fluid replacement unless you're doing a very extended activity like a marathon or triathlon. You can easily replace lost minerals by eating a healthy meal after you exercise.

Unfortunately you can't rely on feeling thirsty since we have already reached a considerable degree of dehydration by the time you get thirsty. Caffeine and alcohol act as diuretics, causing you to lose more water. So, drink two glasses of water to balance the loss from every caffeinated or alcoholic beverage you drink.

So drink up! (your water, that is)

Yours in health,

Dr. Rick

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