

Enough Water a Day May Keep the Pain Away

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Many Americans suffer on a regular basis from headaches, fatigue, sinus congestion, body aches and pains, asthma flare-ups and many more chronic ailments. Modern medicine often treats these symptoms with medications that only serve to mask them or temporarily relieve them.

The truth is you might not be sick; you might just be thirsty, according to Terri Verbic-Boggs, clinical health educator at St. Mary's Hospital. Persistent, unintentional dehydration is a direct cause of many chronic illnesses. Adequate water intake is essential for all our body cells, tissues and organs. The adult brain is comprised of approximately 75 percent water. When we do not take in adequate amounts of water daily, our body compensates by pulling that water from within our bones and other places within the body. Oftentimes, people wait until they are thirsty to make an attempt to replenish water. When this occurs, chronic dehydration is inevitable.

Did you know?:

- Dry mouth is actually a late sign of dehydration.
- It is very common for elderly people to lose their sensation for thirst.
- Chronic dehydration can be a precursor to osteoporosis.
- Water serves to flush toxins from your system.
- Water increases the body's rate of absorption of food substances.
- Water can rev up your metabolism and assist in weight loss.
- Water is the main lubricant in the joint spaces and helps prevent arthritis pain.
- Increased water consumption serves to regulate bowels and prevent constipation.
- Water helps reduce fatigue, stress, anxiety and depression.

Water is water; that means beverages such as tea, coffee, sodas and other fluids DO NOT count as water. Keep in mind that many of your favorite drinks are loaded with sugar. There is the equivalent of 16 to 25 teaspoons of sugar in a 20-ounce Coca Cola, about 20 to 25 teaspoons of sugar in a 20-ounce Lipton Lemon Iced Tea and about 10 to 25 teaspoons of sugar in orange-pineapple juice.



There are many formulas to calculate daily water needs. The

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