

ARE YOU AWARE ... written by Sylvia Marina ND

The human body can last weeks without food, but only days without water. Water forms the basis of blood, digestive juices, urine, perspiration and is vital for all your body systems, plus your organs, muscle, bones.

We need fresh supplies of water every day to make up for losses from lungs, skin, urine and faeces. The amount we need depends on our metabolism, the weather, the environment we live and work in, the foods we eat and our activity levels.

During summer we are conscious of the need to drink adequate water, but do you know that many of the winter ills can be avoided if you consciously take note of the amount of clean water you drink in each twenty four hour period. When I was studying naturopathy we were taught that the daily requirement of water for a healthy body was one litre of water for every twenty five kilogram of body weight. *If you are on medication or have health related issues, seek advice from your health practitioner.*

The body requires water to:

- Maintain the health and integrity of every cell in the body
- Keep the bloodstream liquid enough to flow through blood vessels
- For all mental processes

- Help eliminate the bi-products of the body's metabolism
- Regulate body temperature through sweating
- Keep mucous membranes moist, such as those of the lungs and mouth

- Reduce the risk of cystitis by keeping the bladder clear of bacteria
- Aid digestion and prevent constipation
- Lubricate and cushion joints

- Serve as a shock absorber inside the eyes, spinal cord and in the amniotic sac surrounding the foetus in pregnancy
- Carry nutrients and oxygen to cells
- Work as a moisturiser to improve the skin's texture and appearance

Plain water for many people is not attractive. Consider drinking non caffeine weak herbal tea. Harvest mint from your garden, lightly crush with your fingers and steep in hot water, this may be consumed hot or cool. Grow lemon grass for tea making. Grate or chop fresh ginger and steep in hot water, this too is helpful for digestion.

Fluid retention

Many people believe that drinking water causes fluid retention. In fact, the opposite is true. Drinking water helps the body rid itself of excess sodium, which results in less fluid retention. The body will retain fluid if there is too little water in the cells. If the body receives enough water on a **regular basis**, there will be no need for it to conserve water and this will reduce fluid retention.

Water is vital in all of creation and new life. Love your body, nurture it with water.

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