

# FOUNTAIN OF YOUTH

A full 80% of the population in North America is dehydrated. Depending on the study you read, some estimates are higher than eighty percent. Therefore, chances are that you are not drinking enough water, which means that you are probably dehydrated at this very moment. With the unlimited choices of soft drinks, juices, and sports drinks, water is being pushed aside as our regular source of hydration.

Why is water so important? How does it fight the battle against aging?



## THE INSTITUTE OF MEDICINE RECOMMENDS:

**13** CUPS OF WATER PER DAY (FOR MEN).

**9** CUPS OF WATER PER DAY (FOR WOMEN).

Water is essential to life. However, water holds numerous properties that do boost your body's function and abilities in an abundance of areas. Water enhances digestion, nutrient absorption, regulates body temperature, lubricates joints, aids in skin rehydration, detoxification, and virtually every aspect of a healthy well-being.

What most people don't know is that water is the key element to staying young inside and out. Water is perhaps the best anti-aging ingredient on the planet. Call it your fountain of youth. Besides its obvious simplicity and health benefits, our body is nearly all water, and replenishing it often allows our bodies to retain less water and keep our bodies working at their optimal potential.

What happens when you don't drink enough water?

Your brain is over 45% water. "When your brain detects a shortage of available fluids it implements a water rationing process by producing histamines, causing pain and fatigue," says *holistichealth.com*.

“As a result of not drinking enough water, many people encounter such problems as excess body fat, poor muscle tone and size, decreased digestive efficiency and organ function, increased toxicity in the body, joint and muscle soreness (particularly after exercise) and water retention.” Said Dr. Howard Flaks of Beverly Hills.

So how much water do you need?

There are several factors that will determine how much water you should drink. These factors are associated with your exercise habits, certain health conditions, such as pregnancy or medication you may be taking, and also the environment you are living in. Certain humid and hot climates affect how much water you should be drinking.



The Institute of Medicine advises that men consume roughly 3.0 liters (about 13 cups) of total beverages a day and that women consume 2.2 liters (about 9 cups) of total beverages per day.

If you are thirsty, you are already dehydrated. So push aside that soda, and remember that there is no substitute for water. Getting the right amount not only keeps your body working properly, but will reduce the speed at which your body shows the signs of aging.

Next time you think about the fountain of youth, remember that it might be located in the bottle right next to you.

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### HOW TO CALCULATE YOUR SWEAT RATE:

- **STEP ONE:** Measure how much weight you lose during exercise (in ounces).  
Note: 1lb = 16oz.
- **STEP TWO:** Measure the amount of fluid (in ounces) you consume during exercise. (i.e. 24oz).
- **STEP THREE:** Add the numbers together to learn your sweat rate and know how much fluid to consume to replace sweat losses. (i.e. 8oz + 24oz = 32oz).

