



## Water in the Cause, Cure and Prevention of Disease

Dehydration can manifest in a myriad of diseases and symptoms. Most of us are dehydrated and we don't even realize it. There's a fascinating book called ***You're Not Sick, You're Thirsty*** by Dr. F. Batmanghelidj, M.D. In it he talks about the mechanisms by which dehydration triggers such things as asthma, allergies, heartburn, fatigue, hypertension and many others illnesses.

To be properly hydrated you need to drink approximately 1/2 your weight in fluid ounces of water. If you are exercising heavily, you'll need more.

### Signs of Dehydration

- Feeling tired
- Feeling flushed
- Feeling irritable feeling anxious
- Feeling dejected
- Feeling depressed
- Feeling heavy headed
- Disturbed sleep
- Short attention span
- Shortness of breath
- Cravings for stimulants and alcohol
- Dreaming of oceans

### Health Challenges Associated with Dehydration

- Asthma
- Allergies
- High blood pressure
- Diabetes
- Constipation
- Autoimmune diseases

## Pains Associated with Dehydration

- Heart burn
- Angina
- Low back pain
- Rheumatoid Arthritis
- Ankylosing Spondylitis
- Migraines
- Colitis
- Fibromyalgia

## Preventing Dehydration

- Balance between water and salt
- Avoid dehydrating beverages (alcohol and caffeine)
- Exercise
- Balanced daily diet

## General Guidelines about When to Drink

- Drink water/beverages between meals. The ideal spacing is 30 minutes before eating.
- Drink whenever thirsty, even during meals if you have to. While not ideal to drink during meals, if you are thirsty you should drink. If you drink during meals, sip slowly...don't gulp.
- Drink water 2 ½ hours after a meal.
- Drink water first thing in the morning: 2 - 3 cups/glasses to optimize bowel function.
- Drink water ½ hour before exercising.

## Interesting and Little Known Facts about Water

- Your body recycles about 10,000 gallons of water every 24 hours.
- Most people are running around with a deficit of between 6 and 10 cups.
- By the time you notice thirst you are usually down between 2 and 3 cups.