Hydration Transcript

Note: The content in this transcript was extracted from a longer discussion and thus starts mid-stream.

Right at the top, there, though, I have **water**, **half your body weight in fluid ounces**. A little bit further on in this presentation I've got some information from a wonderful book that I'm reading called, ***You're Not Sick. You're Thirsty. Water for Health, for Healing, for Life.*** There's amazing information in this 250-300 page book on all the different aspects of water and how it affects you.

Like I said earlier, that whole thing about the ship and the small changes making big results applies to the water! You know, it seems so simple, "Yeah. I drink enough water. I drink enough water." You hear that all the time. When you see the profound effects it has you're going to be blown away.

OK, so **let's talk about water**. I have a slide in there on page 24. Water is in the cause, cure, and prevention of disease. **What is the function of water?** The function of water is to actually provide lubrication for your cells, to provide transportation for your nutrients, to provide nourishment, and to allow for minerals to be transported in and out of your cells. It affects your electrolyte balance. There are so many things that the water is important for – very important.

Then, we get into **types of water**. I mean, "Which is the best type of water?" Are you confused, or what? There's reverse osmosis water and there's the Brita filter and there's distilled water. Then there are those filter things that add alkaline elements to it and make your water alkaline, and there are all sorts of water. What's the best kind of water?

Well, number one, the **water needs to be contaminant-free**. So, what that says is, tap water is a no-no. I think everyone on this program right now knows that. Tap water is just full of runoff from industrial waste. It's got chemicals like fluoride, chlorine, and many other things that it picks up from the ground along the way. So, it's just not a good idea to drink tap water.

Number two, the **water needs to be pure**. It needs to be filtered not just for the chemicals, but you don't want sediment in it. So, **doing a filter is really important**. Or, the ideal, really, and the more I research the more I realize, the ideal would be to have a spring and drink the water directly from the spring, because the filtration is happening through the earth. The earth is actually filtering that water, and you get pure water and it picks up some minerals and it's really good.

However, most of us don't have springs running in our back yards, and most of us don't have access to that. Buying these little bottles of spring water can be very costly, and we don't always know where those springs are, and we don't know really the purity of it. So, given that, what I've opted for is using reverse osmosis water. I know that people can argue with me like, "Reverse osmosis water is not as good as spring water," or "Spring water is not as good as distilled water." Whatever it is, I would say I'll provide you some information and you can read it and make a decision, but the water needs to be filtered in some way. It needs to be filtered.

Now, there's another issue about water, and there is a whole body of research that says that the water molecules will clump when you just kind of run it through a filter and all, that the **water molecules tend to clump together, and in order for them to get transported into our cells, they have to be single molecules**. They want to go single file. And so there are these different things that are out on the market for un-clumping the water. There are these little bottles of stuff that make it structured water. You put like 10 drops into 16 ounces of water and you stir it, and that's supposed to do that. It makes the water get into the cells better.

There's this little wand, and I actually invested in one of these little water wands that's got crystals in it. I had done some research on it and I had talked to some people whose opinions I respected, and they said, "Yeah, this works really well." So, I have this little wand, and when I pour my water in from my reverse osmosis, I stir it for 20 seconds and it supposedly de-clumps the water.

Does it really? There's research out there that supports it. I believe that there is some benefit from it, and I feel more hydrated when I drink the water when I've done that. It's up to you to find the best thing, but the point is you need to be getting enough water, and not just into your body but into your cells.

The quantity that's recommended is half your body weight in fluid ounces. For years, we've been hearing, "Drink eight 8-ounce glasses of water a day." Well, if you're an 88-pound little person and you've got a friend who's 250 pounds, it doesn't seem to make sense to me that you both would need the same quantity of water. The larger person has more miles of blood vessels going through, and more water that they're going to need to nourish their cells.

So, I really like the equation of half your body weight in fluid ounces of water. The point about water – and this is what has been fascinating in this book that I've been reading – is he talks about the fact that by the time you actually notice thirst and feel thirsty, you're already down about three cups of water.

Our typical way of operating is we feel thirsty, we grab a cup of water, we drink and cup of water, and we're done. So, what needs to happen is **you need to get into a habit of drinking water regularly throughout the day without waiting to be thirsty**.

The other thing that I found fascinating is that **often times we feel thirst as hunger**. So, you're going along, and all of a sudden you feel really, really hungry, and you go, "Wow. Why am I so hungry? I just ate a couple of hours ago." That can be thirst. So, one of the recommendations that I'm going to make to you is, **whenever you feel hungry, drink 12 ounces of water, a big glass of water, first**. Then, wait 5 minutes, 10 minutes, or 15. If you're still hungry, it's probably true hunger. If not, it was probably thirst.

There are going to be a couple of advantages to doing that: If you tend to be overweight you're going to tend to be eating less. The problem is if you're underweight and you need to be eating more calories, then that may cause you to eat less. So, if you're underweight and you're concerned about that, let's just talk privately and we'll come up with a strategy.

OK. So, that's one thing. What is also recommended is that you **drink your water between meals but not with meals**; ideally 30 minutes before your meal, because what that does is it really readies your digestive tract for the food that's about to come. If you drink too much water with your meal, then you can dilute the digestive enzymes and not get the food digested as well.

You really want to **honor whenever you feel thirsty**. If you're thirsty, you drink, even if it's in the middle of a meal.

If you're eating a meal and there's a lot of dry food, you're going to feel thirsty, so drink but drink slowly. Don't gulp and gulp and gulp. Drink slowly. Sip it slowly.

The other thing that would be beneficial is to drink water 2-1/2 hours after a meal. So, in between meals, have a nice big old cup of water. That's going to help your body to process the food that you just ate a couple of hours ago. **First thing in the morning, I like to recommend two to three glasses of water.** Lemon juice in the water is a great thing to do because it helps to alkalize your system, but definitely do water first thing in the morning, two to three cups.

This way, if you think it about it like there are little compartments and times at which you drink the water, it makes it a lot easier to get all that water into you. You definitely want to **drink water before you exercise so that you don't get dehydrated during the exercise, and then after you exercise, you want to drink more water**.

One thing I want to say is **it's not the kind of thing that more is better to an extreme**. I have coached with people who are drinking way too much water. I had a woman who must have weighed 98 pounds. She was a little thing. She was drinking what ended up being like a gallon a day of water. That was too much, and she was diluting her nutrients too much. She was urinating too much, and with that, losing some of her vital nutrition.

So, you don't want to go to the opposite extreme, but if you keep in mind to drink half your body weight in fluid ounces, that's ideal. If you're more thirsty than that, if it's very hot outside, if you're sweating a lot, or if you're exercising a lot, then you drink a little bit more.

So, that's my deal with the water, and that's the food, and that's all I really had as far as content for tonight.