



Macronutrients: Water – What Your Clients Need to Know

When you tell your clients that water really does mean water and that beer, coffee, and soft drinks don't count, it's important for you to understand why.

Alcohol and Fluid Balance

Within 20 minutes of consumption, alcohol has the ability to promote increased urine flow. This is due to suppression of a hormone known as **antidiuretic hormone** (ADH), also known as vasopressin. The role of ADH is to prevent fluid loss via the kidneys. When alcohol disrupts the action of ADH, the result is increased urination and possible dehydration unless the person consuming alcohol is also drinking at least one extra glass of water for each alcoholic beverage consumed.

Caffeine and Hydration

Caffeine promotes short-term energy and mental clarity as a result of its activity as a central nervous system stimulant. Caffeine is also a diuretic, which means it promotes fluid elimination. Caffeine promotes dehydration in much the same way as alcohol: it inhibits the activity of antidiuretic hormone (ADH).

Toxins in the Water

To educate yourself about the toxins in our water supply and what you can do about them, refer to the following document, included in the Done-For-You section of the Macronutrients lesson.

The Low Down on Tap Water and Filtration Systems: If you or your clients are currently drinking tap water, it's important to educate yourself about what's really in your water glass. It's alarming and provides good incentive to make the switch to filtered water.



The Pathophysiology of Dehydration

The best source of information about the biology of water and the role of dehydration on disease development are Dr. Batmanghelidj's books: *You're Not Sick You're Thirsty: Water for Health, for Healing, for Life* and *Your Body's Many Cries for Water*.

The Energetics of Water

For more about the energetic properties of water, you can read Dr. Emoto's *The Hidden Messages in Water*.