

## Hydration - A Key Component in Health

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Proper hydration, a key component in health, influences everything from bowel function to cellular communication and just about everything in between. Some health advocates believe dehydration to be at the root of all disease and illness. Whatever your take on the subject, one thing is certain, a properly hydrated body functions much more efficiently and effectively.

One of the main questions I encounter with my fitness clients is "How much water should I drink?" So, here are a few basic guidelines. As a general rule, you should consume  $\frac{1}{2}$  your body weight in ounces of water daily. This is your starting point. If you are exercising and sweating, you need to add up to 8 ounces to this total. In addition, one must account for diuretic beverages consumed on a daily basis. For every ounce of diuretic (carbonated beverages, tea, fruit juices, coffee, and caffeinated beverages to name a few) you should consume an additional  $1\frac{1}{2}$  ounces of water. It is important to note here...If your body is not accustomed to taking in this much water on a daily basis, please don't go out tomorrow and start gulping down copious amounts of water. This could potentially lead to a condition known as hyponatremia, or "water intoxication", where sodium levels in the body drop dangerously low. You MUST gradually increase your water intake to give your body time to adjust.

"But, I don't like water. What else can I drink?" This is the objection I get once a client discovers how much water they should be consuming on a daily basis. First and foremost, clean water is your best choice. However, for those of you who require variety, following is a list of healthy options to get you drinking: squeeze fresh lemon or lime in your water to add flavor; use a mineral replacement such as Cell Food ([Lumina Health](#)) in your water giving it a slightly salty but refreshing taste (this is particularly great for long distance runners and serious athletes who sweat a lot); take a break from water with young coconut water kefir, which is both mineral rich and teeming with beneficial microorganisms or kombucha tea ([GT's Kombucha](#)); and finally, for those of you who can't get away from the "traditional" sports drink, check out LIV Organic Sports Drink ([www.liv-organic.com](http://www.liv-organic.com)), an all natural, refreshing energy drink free of artificial dyes, flavorings, sugars, and no HFCS (high fructose corn syrup). Love it!

With as many as 90% of us living chronically dehydrated, there's no time like the present to take control of our health and hydration. So, drink up! Be well!