

What Your Body Wants To Tell You

Last week's eMail newsletter on the perils of not drinking enough water generated an avalanche of comments and questions. The most common question was "Can I drink too much water?"

Yes, it is possible to drink too much water. It is also possible to drink the right amount of water, but in the wrong way.

Let me explain.

Drinking too much water effectively washes out your reserves of minerals such as sodium, potassium, calcium and magnesium. These minerals are important for lots of brain and body functions, including nerve signals. What this means is that your nerves can't work properly, resulting in symptoms such as difficulty thinking, feeling "spaced out" and light headed.

It is also risky to suddenly dramatically increase your water intake. If you should be drinking three litres a day, but are used to 300 ml, it is safest to increase your water intake by 500 ml a week so your kidneys have time to adjust.

Drinking three or four glasses of water all at once is also unhelpful. Most of it goes straight to your bladder. Whereas drinking a small amount of water every hour will effectively hydrate your cells and give you optimal energy and health.

What sort of water should you drink?

Filtered water at room temperature is best. Alternately, drink water that has been boiled to remove most of the chlorine – think of the chlorine in cleaning products such as bleach to work out why your gut needs to be protected. Cold water simply shuts down the circulation to your gut and is therefore poorly absorbed. If you want cold water on a hot day, sip it slowly and allow it to warm in your mouth before swallowing it. Some people start their day with some hot water and lemon juice. This is fine, but not compulsory, as the citric acid in lemon stimulates the liver and helps your digestive system enjoy breakfast.

If you drink one litre will you pee one litre?

Great question, but the answer is no. Water is also eliminated through your bowel, breath and sweat. These numbers will vary depending on your level of physical activity and general health.

I look forward to more comments and feedback.

Dr Pete

P.S.

"Why guess when you can be sure?" is my favourite quote from Dr Carey Reams. Join the many people who have had their urine and saliva tested and find out exactly how healthy you are. The first three things we look for are your hydration, total sugars including glucose and fruit sugars, and

whether you are acidic or alkaline. These tell us if some fine tuning is all that is required. We hope not to see a high salt or electrolyte level as this can lead to high cholesterol, high blood pressure and the risk of a stroke. In addition, we don't want to see a build up of toxicity as this is evidence of problems with liver, pancreas and/or bowel.

Ring Dalia on 9885 7766 to arrange your test.