

Simple Steps to Better Health

Step 2

DRINK MORE WATER

**Water makes up at least two-thirds
of the entire human body.**

The Brain and Heart are 73% water
Lungs are approximately 83% water
The skin is 64% water
Muscles and Kidneys are 79% water
Bones are 31% water



With Water The Body Can...

- Minimize the appearance of wrinkles
- Maintain a normal body temperature
- Avoid the formation of kidney stones
- Maintain a steady flow of nutrients into the cells
- Prevent muscle cramps
- Lower blood pressure
- Aid the immune system by helping flush out pathogens
- Eliminate toxins and free radicals from your cells
- Improve concentration
- Reduce environmental allergies caused by dry sinus canals
- Improve sleep patterns

Symptoms of Dehydration

Dry Mouth	Muscle Cramps
Tiredness	Extreme Thirst
Dry Skin	Irritability
Headaches	Sunken Eyes
Constipation	High or Low Blood Pressure
Dizzy or Lightheaded	Rapid Heartbeat
Dark Colored Urine	Rapid Breathing
Environmental Allergies	Brain Fog or Lack of Concentration

Please always follow your doctor's instructions if he/she has advised you to limit your water intake for any reason.

Factors That Contribute to Dehydration

Insufficient Water Intake
Physical Activity
Living In a Dry Climate
Sweating
Menstrual Cycles
Prescription Medications
High Altitudes

Diarrhea
Vomiting
Coffee/Caffeine
Alcohol
Diuretics and Laxatives
Stress

Hydrating Properly

How Much Water Should I Drink?

A person in optimal health should consume 1/2 of their body weight in ounces a day. If a person is dehydrated, or in less than optimal health, he/she should consume roughly 2/3 of their body weight in ounces per day.

When is the Best Time To Drink Water?

First thing in the morning
On an empty stomach
Roughly an hour before meals

Hydrating Post Workout

After a workout, be sure to drink a lot of water. Avoid sports drinks as they usually contain:

Sugar
High-Fructose Corn syrup
Sugar Alcohols

Artificial Flavors
Artificial Food Coloring
Vegetable Oils

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