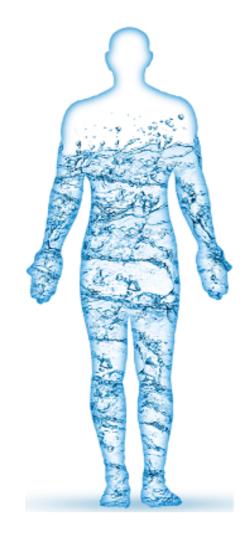
Simple Steps to Better Health Step 2 DRINK MORE WATER

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

Tiredness

Dry Skin

Headaches

Constipation

Dizzy or Lightheaded

Dark Colored Urine

Environmental Allergies

Muscle Cramps

Extreme Thirst

Irritability

Sunken Eyes

High or Low Blood Pressure

Rapid Heartbeat

Rapid Breathing

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

Corp overin

High-Fructose Corn syrup

Sugar Alcohols

Artificial Flavors

Artificial Food Coloring

Vegetable Oils

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These statements have not been evaluated by the Food and Drug Administration. This information is not intended to treat, diagnose, prevent or cure any disease.