

The Importance of Hydration.



Understanding why hydration is fundamental to good physical and mental health, as well as surprising facts and benefits of drinking more water.

Hydration. No matter your age, level of physical activity or state of overall health, staying hydrated is an incredibly important component of our health and well-being. Taking in plenty of water allows optimal performance of bodily functions, increased cognitive function, better skin, hair and nails, decreased likelihood of suffering from joint pain and much, much more.

Did you know that your body is approximately 60% water?

Different organs have a different water content, with your heart and brain being about 73% water and even your bones being 31% water!

However, your body loses water throughout the day through normal functions such as sweating and urination.

The average person loses between 2.5-3 litres of water per day. If this water is not replaced, then your organs may not

be able to work properly, which leads to symptoms such as thirst, brain fog and fatigue. In fact, even being slightly dehydrated can impair your cognitive function. Persistent dehydration over the long

term can also compromise your kidney health and also put pressure on your heart.

Try to listen to your body's signals throughout the day, particularly when you are thirsty. Consider that some people often feel 'peckish' when the body is slightly dehydrated. Drinking a glass of water may be more healthy.

Proper hydration helps keep your joints supple and lubricated – reducing the risk of joint pain and stiffness.

Best wishes, David

"I've been able to continue my hobbies of golf and gardening"

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