

THE BENEFITS OF WATER INTAKE



The body is wonderfully complex and unique and needs water among other things in order to function properly. Most of us do not drink enough water. Generally speaking adults should drink at least six to eight glasses of liquid a day, most of us need more. Certain kinds of bladder and kidney difficulties may alter this amount.

The vital need for water may not be fully appreciated by most people. Most of the major systems of the body need water to function properly. Your skin loses water every day through perspiration. The lungs require approximately two glasses of water each day to function properly. The small intestines also need water for optimum function to promote proper elimination. Your kidneys utilize a large quantity of water daily to remove waste.



Many people use thirst as the primary criterion for regulating their fluid intake, but, the body needs fluid whether you have a desire for it or not. To provide a constant supply throughout the day, regular consumption is best. A routine, for example, could incorporate a glass of cool water when you get up in the morning. Water, coupled with moderate exercise, will greatly aid in assisting the intestinal tract and help to establish normal elimination.

Many people today drink bottled water or have filtration or purification devices to help filter out impurities. These are excellent ideas. Additionally, water should be tested for impurities or contaminants, if derived from a source that is not regularly monitored, such as a well.



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or colleague
if you think Chiropractic
may help them.**

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