



DR DAVE
CHIROPRACTIC CARE

Drink more water to improve your performance and your health

Your muscles and your brain are about 75% water, and your blood is about 82% water, keeping your body hydrated helps keep important body functions working properly. Not being hydrated makes it hard for your body's systems to work efficiently. You lose water from your body minute by minute.

Even mild dehydration will slow down your metabolism because dehydration reduces the volume of blood in the body making the cardio-respiratory system work harder to pump blood throughout the body and deliver sufficient oxygen to the working muscles. This means you, will perform less well, become more prone to injury and take longer to recover.

7 Additional benefits of staying hydrated are:-

- 1. Improved mental alertness** - Your brain is mostly made up of water, so drinking water will help you think better, be more alert and more concentrated.
- 2. Increased physical ability** - Drinking water during exercise helps to regulate your body temperature. This means you'll feel more energized when exercising. Water also helps to fuel your muscles.
- 3. Reduced fatigue** - water is used by the body to help flush out toxins and waste products from the body. Also it is what makes up the majority of the fluid in your blood. If your body lacks water, your heart, for instance, will need to work harder to pump out the oxygenated blood to all cells. If you don't get enough oxygen to your brain and other organs then they will be exhausted and as will you.
- 4. Reduced back pain** - Often headaches and back pains are due to dehydration. Although many reasons contribute to headaches and back pain...dehydration is one of the common sources of them.
- 5. Reduced cramps** - Being properly hydrated helps keep your muscles from cramping.
- 6. Faster recovery** - Properly hydrated bodies recover from trauma and injury quicker. Plus hydration boosts your immune system.
- 7. Improves the mood** - When your body has fewer toxins, it will run better, you will feel better. When you feel good you are happier.

To stay hydrated aim to drink water frequently during the day. Drink before you feel thirsty. Also remember that quite often thirst can be mistaken for hunger. When you feel hungry have a drink before eating.

Fizzy pop, tea, coffee, sugary squash and alcohol will cause you to become more dehydrated. If you drink these you will need even greater quantities of water to counterbalance their effect.

N David Siemens DC

www.drdavesiemens.com

Certified in Animal Chiropractic care by AVCA (American Veterinary Chiropractic Association)