



Health, Beauty & Fitness



Water is the Real Deal!

by Lorraine Wallace

I'm starting this month with the statement "You must drink sufficient water to be healthy" and I can see many of you in my mind's eye, rolling your eyes, saying "I know that, this is nothing new".

But how many of you are actually doing it? Judging by the starting point of many of my clients I'm willing to bet more than half of you know you should do it, but don't do it.

The body is made up of 60-75% water, so it's no surprise that if we don't consume enough, our health can suffer.



Why is water good for?

I don't have the space to go into the 'why's' but here are a few reasons that water is essential for good health: aids weight loss, digestion and energy during exercise. Improves mood and skin complexion, reduces risk of bladder cancer, prevents headaches, keeps kidneys functioning, keeps us alert, keeps joints and cartilage lubricated, naturally detoxes...

How much should you drink?

This is very individual because body size for a start will determine a base level and on top of this you will need more when exercising, when it's hot, at high altitudes, during bladder infections, during pregnancy/breast feeding and when alcohol is consumed.

So it's not as straight forward as drinking 8 glasses a day which is the volume often banded about (what size is a glass anyway?). This also doesn't take into account whether you consume high water content fruits and veg. It should also be noted that although it is less common, too much water can lead to mineral imbalances and disrupted sleep.

It's important to work out a level that is right for YOU! I suggest aiming for 1½ litres per day and see how you feel. If you drink virtually nothing now, don't be scared by this amount. Simply start by drinking one more glass a day for a week, than you did yesterday. Perhaps replace a cup of coffee with water. On week two, drink two more glasses than you started with and so on until you achieve a level that feels right.

You'll know what's right when you feel more energised, your skin is clearer, you are less hungry, the brain fog is lifted....

Tip: Drink it hot or cold and try flavouring with fresh fruits but avoid commercial flavoured water as they often have refined sugars added.

So I challenge you to document energy levels, skin appearance, digestion and so on, now. Increase your water intake and compare how you feel in 1 month. I'd love to hear from you via email or on Facebook as to how you got on.

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Do you want to:

- ♥ Lose weight?
- ♥ Reduce cravings?
- ♥ Increase energy?
- ♥ Improve health?
- ♥ Get motivated?

But:

- ♥ You don't know where to start?
- ♥ You can't do it alone?
- ♥ You're scared of failing?
- ♥ You need motivation?
- ♥ You need support & knowledge?

I can help you achieve **your health goals** with personal health coaching so you can claim back the life you **deserve!**

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