

Are you a water winner?

The human body is made up of 50 – 75% water, depending upon your age.

Everywhere I go I see people toting water bottles – in the car, at the beach, in the store, on a walk. Even so, many people suffer from health issues that begin with dehydration.

Do *you* drink enough water each day? Do you get enough electrolytes as well?

Recommendations vary, but the best way to judge your ideal amount of water daily is by checking the color of your urine. If it's dark yellow or orange, you are simply not drinking enough water.

Not drinking enough water can cause constipation, urinary tract infections, and can lead to painful kidney and bladder stones. Heatstroke, headaches, and stomach pain are all potential effects of a lack of fluids.

Chronic dehydration can cause inflammation, which leads to serious illness including heart disease, stroke, cancer, and more.

As if that isn't enough to make you guzzle some H₂O...here's some tips for healthy hydration, especially as we roll into the warm summer months...

- Limit the caffeinated beverages you consume daily, as caffeine acts as a diuretic and depletes the system of electrolytes. Alcoholic beverages drain the system of important electrolytes.
- Avoid sugary and chemical-laden drinks like Gatorade. You can use a powdered form of electrolytes that you add to your bottle of water which is much healthier than Gatorade.
- Drinking plenty of fresh, filtered water can assist the digestive process, help lubricate arthritic joints, lower blood pressure, and give your skin good tone. (Fatigue, toxins in the system, and depression can all be washed away with a refreshing glass of water.)

With so many options of enticing yet unhealthful drinks available to us today, from syrup-loaded coffees to super-sized sodas, it's a good idea to go "old school" and stick with nature's favorite thirst quencher – pure, unadulterated water.