

thursday, 22 october 2009

upping the water levels

dietician and nutrition xxxpert, tabitha hume, gives some advice on responsible hydration.

it's that feeling you have the morning after the night before. puffy eyes, pounding headache and a severe case of the droogies. one of many occasions in your life when dehydration is as clear as the vodka you drank the night before.

but what about when you haven't overindulged... what about during exercise, while basking in the summer sun or simply sitting in an air-conditioned office (bored – maybe, but trying...). yes. dehydration is always possible.

water is muchos important to the ol' bod. it protects our organs, regulates our temperature, lubricates joints and maintains blood equilibrium and cell membranes. and possibly most muchos important is that water acts as an electrical conductor and makes sure our neurons talk properly to each other.

water is way more important that food (and it has less calories). without water we would die within two or three days – without food, we could last a few weeks.

bottom line – your body is made up of 66% water. if we lose between 5% and 15% we will be dehydrated. if you don't keep topping up you'll find yourself in trouble.

it is estimated that over half of the world's adult population (shew!, that's quite a few peeps) are under hydrated and should drink more water. you should drink about 1 500ml to 2 000ml of water each day. anytime there is a loss of fluid from the body (sweating, diarrhea or vomiting) we run the risk of being under hydrated, and even dehydrated.

if you think you might be dehydrated, look for the early signs; thirst, dry mouth, dry skin, headaches and dark urine. later signs include dizziness, sunken eyes, weak and rapid pulse, rapid and shallow breathing, muscle cramps and no urine output.

situations such as the morning after the night before, need a little more tlc than just water.

the reason you have a hangover is that when you drink you're adding toxins to your body, plus you tend to visit the loo more. so, on that morning after the night before, not only do you need to up your water levels, but you need to replace lost vitamins (the ones you peed out). vitamin b and potassium are key to help hangover sufferers – try a glacéau vitaminwater revive. loaded with these two key nutrients, it is great tasting fluid replacer.

exercising always leads to heavy breathing, on a warm day even more so. you can lose the same amount of liquid as you do sitting in an office, but in a much quicker time. this sudden loss of fluid, signals a strong thirst signal, and we drink. make sure you have energy and hydration with a glacéau vitaminwater energy with guarana.

even just sitting in an office, we need to top up our fluids regularly.

although some people mistake the thirst signal as a sweet-craving (believe it or not... thank you ripley's). but, if you eat something sweet, not only are you not being hydrated, but you're upping your calorie intake. if you do have a sweet tooth, try glacéau vitaminwater. it contains sugar to satisfy the craving, but also hydrates. plus, it comes in six variants so you can decide how you'd like to benefit.

each has a unique combination of nutrients that offer specific benefits to help you through those "what have i done to deserve this" moments; those mind numbingly boring conference calls; a bad case of monday morningitis; a gut-busting gym workout; or one of those "i'm never drinking again" morning afters.

for more info about responsible hydration go to www.glaceau.com.

ends.

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