Drink More Water and Prevent Chronic Dehydration

Water is an essential compound for life. Our bodies are made up of ridiculous amounts of water. We hear this all the time. Drink more water. Drink less soda. Do this. And don’t do that. We know what we’re supposed to do. But why? Most of us don’t drink enough water, and we feel fine, so what’s the problem?

Well, the problem lies with chronic dehydration - A disorder that most who are affected don’t even realize they are affected. We lose water daily (EX: sweat, talking, digestion, etc.) and we need to replenish those stores in order to function properly and optimally.

The following issues can arise when chronically dehydrated and can be easy fixes with a little extra H₂O intake:

- Constipation
- Mood
- Attention
- Cognitive function
- Kidney stones
- Calorie intake
- Confusion
- Irritability
- Lethargy
- Headache
- GI function

Many of these issues can be reversed by drinking 8 glasses of water a day (or 64 ounces). However, even if we know why we should consume more water, how do we do it? Here are a few helpful tips to keep you and your family hydrated:
**Tip #1:** Always keep a bottle of water on you. Keep one in your purse, your car, your office, and on your nightstand. To increase your total ounces of fluids even more, purchase a 32 oz reusable bottle so you won’t have to worry about locating a vending machine or convenience store. It’s cheaper and better for the environment too!

**Tip #2:** Drink a glass of water at every meal. Drinking a glass of water at every meal will increase your intake significantly throughout the day. It may also even help you to consume fewer calories at that particular meal.

**Tip #3:** Eat water dense foods like fruits and vegetables. Cucumbers, oranges, and tomatoes are just a few examples.

**Tip #4:** Add flavor to your water with fruits, veggies, and herbs. A few of my favorites are basil and cucumber, lemon and lime, mint and cucumber.

**Tip #5:** Try a water purifying system that you can attach to your kitchen faucet.

**Tip #6:** Keep a pitcher of water in the fridge or use ice if you like cold water.

**Tip #7:** Opt for water at restaurants and fast food places. Just because the soda is only 50 cents extra does not necessarily make it the best value for you. It’s still costing you 50 cents, and it’s also packing on the pounds and contributing to your dehydration. If it’s the caffeine you’re looking for, try unsweet iced tea or hot green tea.

Increasing water intake and reducing sugary beverage consumption is something that can take time for some and can happen over night for others. Find what works for you and stick with that. If it takes you a year to get to your water intake goal, that’s okay! As long as you get there!

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References:


