

## The Importance of Water

The human body contains roughly eleven gallons of water, broken down into these fractional parts:

- Blood is 85% water
- Muscle is 80% water
- The brain is 75% water
- Bones are about 25% water

Altogether, water makes up about 66% of the human body, which means staying properly hydrated can make a huge difference in your health. If you're not regularly replenishing water lost from the body, dehydration will occur.

Water is essential for maintaining a happy and healthy life!

***Despite how essential being hydrated is for our health, it is estimated that 75% of Americans are dehydrated.***



### Symptoms of Dehydration

Common symptoms of dehydration include:

- Headaches
- Dry mouth
- Difficulty sleeping
- Dry skin
- Low blood pressure
- Lethargy
- A weakened pulse

If left untreated, severe dehydration can lead to kidney failure, seizures, and even death. If you are concerned about the lasting impact of chronic dehydration on your health, contact your GP.

Proper hydration is also important for many body functions, such as:

- Keeping your body temperature at normal levels
- Carrying oxygen and nutrients throughout your bloodstream to cells
- Lubricating your joints
- Hormone production
- Bowel movements
- Passing toxins and waste through urine and sweat



*Continued*

- Metabolizing food
  - Producing saliva
  - Protecting your joints/organs/bones through shock absorption
- And so much more!*

## Tips for staying hydrated

Preventing dehydration is important for people with type 2 diabetes. Here are some tips to help you stay healthy and hydrated:

- Drink plenty of water: Aim to drink at least eight glasses of water a day, and more if you are exercising or in a hot environment.
- Avoid sugary drinks: Sugary drinks can cause blood sugar levels to spike and can contribute to dehydration. Stick to water or other sugar-free drinks.
- Eat water-rich foods: Foods such as fruits and vegetables are high in water and can help keep you hydrated during the day.
- Keep track of your water consumption: Keep a water journal or notes in your phone to track how much water you are actually consuming.
- Start your day with water: While your morning cup of coffee is brewing, consider starting your day right with your first cup of water for the day.
- Try flavored water: Add some fruit or cucumbers to your water. Or even try flavored sparkling water.
- By now, you get it- hydration is key to overall health!

Video Link:

[https://www.dropbox.com/previews/Everything%20Neuropathy/20231020%20EN%20Hydration.mp4?context=search&path=%2F&query=hydration&role=personal&typeahead\\_session\\_id=54789080397168474551163092996578](https://www.dropbox.com/previews/Everything%20Neuropathy/20231020%20EN%20Hydration.mp4?context=search&path=%2F&query=hydration&role=personal&typeahead_session_id=54789080397168474551163092996578)

Video Link (Dry Plant Analogy)

[https://www.dropbox.com/previews/Video%20Series-%20Healthy%20Foundation%20to%20break%20free%20from%20default%20patterns/Hydration.mp4?context=search&path=%2F&query=hydration&role=personal&typeahead\\_session\\_id=54789080397168474551163092996578](https://www.dropbox.com/previews/Video%20Series-%20Healthy%20Foundation%20to%20break%20free%20from%20default%20patterns/Hydration.mp4?context=search&path=%2F&query=hydration&role=personal&typeahead_session_id=54789080397168474551163092996578)

Just say NO to artificial sweeteners

<https://www.dropbox.com/preview/Everything%20Neuropathy/Just%20say%20NO%20to%20artificial%20sweeteners.mp4?role=personal>