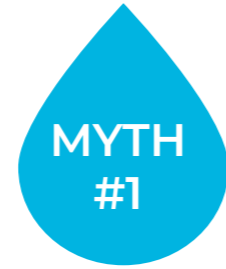


What You Need to Know About Drinking Enough H2O

Why is Hydration So Important?

The human body needs water to survive and thrive. Our bodies are made up of mostly water which is used to remove waste, lubricate joints, regulate body temperature, and more.



Dehydration Isn't Serious. It Just Means You're Thirsty

Feeling thirsty? You're already on your way to dehydration, which can leave you feeling tired, and dizzy, and give you a dry mouth. Dehydration is considered a dangerous loss of fluids either through inadequate water intake, sweat, or illness. During the summer, it's especially important to drink water often as heat illness can be severe and life-threatening.



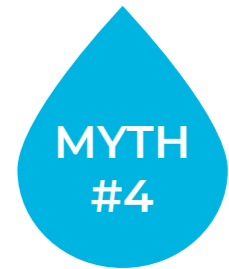
There's No Such Thing As Drinking Too Much Water

Ever hear there's too much of a good thing? It's true with water consumption, too. Too much water intake — you'll know it if your urine is completely clear — can lead to the depletion of essential electrolytes like sodium. This in turn can lead to a serious condition called hyponatremia and it can be life-threatening.



Clear Urine is a Good Hydration Indicator

As mentioned before, it's true there's too much of a good thing when it comes to excessive water. Urine is an excellent indicator of hydration status. But clear urine means you might actually be drinking far more water than your body needs and in turn depleting it of essential electrolytes.



Everyone Needs Just Eight Glasses of Water Daily

Not so. There's actually no solid research that says eight is the exact number of H2O glasses an individual needs to drink every day. It depends on a variety of factors, experts say. Those factors include your climate, physical activity, and other activities like breastfeeding that may demand more water intake.



Hydration is Just About Water Intake

There's more to drinking water than just getting enough of it daily. This is especially important for very active individuals and athletes to remember. Consuming drinks with electrolytes — like a sports drink or coconut water — can keep you safely hydrated during intense sweat sessions.



Hydration Isn't That Big of a Deal

Much of the human body is made of water, making it essential for optimal health to stay hydrated. On average, most people are made up of around 60% water. In the human body, water contributes to many bodily functions including waste removal and temp regulation.



You Can Only Hydrate With Water

Luckily, you can get valuable fluids from both water and your food. This can be especially good news for those who don't love downing water as much as they should. Foods with high water content include melons, zucchini, celery, tomatoes, and spinach.