

# ***Hydration; why it is so important***

## **Why is hydration important**

Losing even a small amount of body fluid (as little as 2% of your body weight) can greatly decrease athletic performance, cause digestive problems, reduce mental clarity and focus, lead to injury as well as a number of other medical conditions.

## **Hydration in sport**

If you are not properly hydrated while participating in sports you may experience:

- Early fatigue
- Decrease in reaction time
- Muscles tightness or muscle spasm
- Heat exhaustion or heat stroke

## **Signs of dehydration:**

- Dark urine
- Dry mouth, throat and eyes
- Headache, dizziness, disorientation
- Heartburn
- Hunger pains
- Irritability
- Tightness in skin

These signs indicate moderate dehydration. Majority of the time when the body is even slightly dehydrated you will not even feel thirsty. To stay properly hydrated throughout the day you should be drinking at least ½ your body weight in ounces. On top of this if you are involved in athletic activities you should add 125ml to 250ml of water to the above example for every 10 to 20 minutes of activity.

## **Juices, Caffeinated Drinks, Alcohol**

All of these contain harmful sugars and additives (even fruit juices). One table spoon of processed sugar can suppress the immune system up to six hours!

Drinking sweetened, caffeinated or colored beverages despite popular believe are not good hydrating agents. These beverages instead may cause tooth decay, sugar and caffeine addiction, insulin resistance, diabetes, osteoporosis, nervousness, insomnia, ADD/ADHD (Attention Deficit Disorder/ Attention Deficit Hyperactivity Disorder). Nothing should replace a good quality water!

### **Quality of Water**

Look for the following on the label when purchasing water:

- PPM(parts per million) of mineral composition should be equal to or greater then 300ppm TDS (Total Dissolved Solids)
- The Hardness of the water should be equal to or greater then 170mg/L
- PH of the water should be 7 or greater

Distilled water should not be consumed on a daily bases – only for detoxification. Good brands of water that meet the above criteria include: Evian, Volvic, Vittel, Fiji, and Trinity. If you have found a brand of water that you like but it has fewer then 300ppm add a pinch of good quality sea salt to the water.

Drink up!

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