

Be Smart Drink Water!!

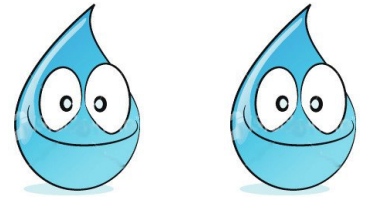
All About Water

"I'm dying of thirst!" Well, we just might. H₂O, it sounds so simple, two parts hydrogen, one part oxygen. This element, better known as water, is the most essential, next to air, to our survival. Water truly is everywhere, still most take it for granted.

A person can survive only eight to ten days without water, whereas it takes weeks or even months to die from a lack of food. Water circulates through our blood and lymphatic system, transporting oxygen and nutrients to cells and removing wastes through urine and sweat. Water also maintains the natural balance between dissolved salts and water inside and outside of cells. Our joints and soft tissues depend on the cushioning that water provides for them. While water has no caloric value and therefore is not an energy source, without it in our diets we could not digest or absorb the foods we eat or eliminate the body's digestive waste.

The human body is 65-70 percent water, and it takes an average of eight to ten cups to replenish the water our bodies lose each day. How much water a person needs depends largely on the volume of urine and sweat lost daily, and water needs are increased if a person undergoes heavy physical exercise. Water is replenished by drinking liquids, preferably those without caffeine or alcohol, both of which increase the output of urine and thus dehydrate the body. Many foods are also a good source of water—fruits and vegetables, for instance, are 80 to 95 percent water; meats are made up of 50 percent water; and grains, such as oats and rice, can have as much as 35 percent water.

References: MSN Encarta®, Human Nutrition



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Water Fun Facts

A person can live about a month without food, but only about a week without water. If a human does not absorb enough water dehydration is the result.

Humans cannot drink salt water.

A person must consume 2 liters of water daily to live healthily. Humans drink an average of 75,000 liters of water throughout their life.

More than 2 billion people on earth do not have a safe supply of water.

Water regulates the temperature of the human body. If you have caught a fever you should drink lots of water.

Water removes waste from the human body.

