



# Drinking Water

*At birth our body weight is made up of 80% water.  
As an adult, this drops to about 70-75%.*

Drinking water leads to an improvement in health by flushing out body waste and eliminating the by-products of metabolism. Water is lost from our bodies through sweating, breathing, and by producing urine and faeces.

## Dehydration

- Thirst, tiredness, headaches, constipation, decreased alertness, and difficulty focusing are all signs of dehydration.
- Our bodies can become dehydrated as a result of an illness, such as vomiting, diarrhoea, fever, or sweating.
- Dehydration can become a life-threatening condition, especially for children.

## Benefits of drinking water

- Drinking water helps us maintain a healthy body weight by increasing metabolism and regulating appetite.
- One glass of water can stop mid-night hunger pains.
- Water helps to increase energy levels. Mild dehydration is the common cause of daytime fatigue.
- A glass of water can prevent and alleviate headaches.
- Water helps to moisturise skin, ensuring proper cellular formation, texture, and appearance.
- It also aids the digestion process and prevents constipation.

## More benefits

- Drinking water reduces the risk of urinary infection by keeping the bladder hydrated and clear of bacteria.
- It is the primary vehicle for nutrients and oxygen in the body and is essential for circulation.
- Water maintains the health and integrity of every cell in the body.
- Water can reduce joint and/or back pain by lubricating and cushioning joints.
- Air travellers can lose up to 1.5 litres of water during a three-hour flight.

## Daily water requirement

- Adults: 8 glasses (2 litres)/day
- Children: 4-6 glasses/day
- Your daily water requirement can include herbal teas, lemon, and fresh juice.

## Caffeine

- Caffeine is a diuretic that increases the excretion of fluid from the body. As a guide, drink one glass of water to replace each glass of soft drink, or cup of coffee, tea, or green tea.
- Alcohol is also a diuretic.