



Take Back Your Health
 Take Back the Love
 Take Back the Fun
 Take Back Your Faith
 A Health Ministry of the Philadelphia 7th Day
 Adventist Church, Burlington, NC

Good2MeGood4Me: Good Hydration

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 July 7, 2018



We all know that proper intake and outtake of water is important. Our kidneys filter the blood then send the waste to the bladder. It is held until time for release through our urethra. Benefits of adequate water intake include weight loss, improved skin condition, regular bowel movements, great hair, reduced risk of kidney stones, better tasting food to name just a few.

But summer temperatures are here and the main question everyone asks is “How can I tell if I am drinking enough water? The 8x8 has been promoted for years (8 8 oz. glasses water daily) which equal about half a gallon (~2L). But during hot weather or exercise or while taking certain medications, more is needed. Our thirst is a mechanism that tells us we are already mildly dehydrated. In older adults, the thirst mechanism does not work as efficiently so it is important to ensure they obtain adequate water consumption

The good news is that we are not limited to just drinking water. There are plenty of hydrating foods and beverages God has given us that can contribute to the water intake needed for optimal function.

Top Fruits and Vegetables with highest water content

FRUITS	% water	VEGETABLES	% water
Watermelon	92	Iceberg lettuce	96
Strawberries	92	Cucumber	96
Grapefruit	91	Spinach	92
Cantaloupe	90	Tomatoes	94
Peaches	88		
pineapple	87		
Oranges	82		

Hydrating beverages/drinks

- Water
- Herbal tea
- Coconut water
- Fruit juice *
- Non-caffeine beverages
- Sports drinks
- Fruit infused water

Many good studies have proven that increasing water intake can add mild stimulation to your metabolism. Problems with even mild (1%) dehydration: constipation, weight gain, skin problems, loss of energy, brain fog. Signs of dehydration include:

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| Fatigue, excessive yawning | Moodiness |
| Lack of focus (brain fog) | Dry mouth |
| Dry skin | Headaches |
| Low urine output | Few or no tears' |
| Fainting | Loss of skin elasticity |
- Left untreated, dehydration can lead to strokes or shock.

Urine color can be a good quick indicator of your hydration level.

“Again urine color can be a quick indicator of the need for more or less hydration or a medical condition requiring immediate care. Normal urine color varies, depending on how much water you drink. Fluids dilute the yellow pigments in urine, so the more you drink, the clearer your urine looks. When you drink less, the color becomes more concentrated. Severe dehydration can produce urine the color of amber.” Mayo Clinic See the insert on page that contains a link and list of urine color and what it means. If you ever see red/orange urine and you have not recently eaten beets or rhubarb or take medicines that cause this color, please seek medical attention immediately.

REMEMBER:

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| WHAT IS THE BEST TYPE OF WATER TO DRINK? | The one you like and will drink. |
| WHAT IS THE BEST TEMPERATURE WATER TO DRINK? | The one you like and will drink. |

Dehydration Urine Color Chart

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.

	Doing ok. You're probably well hydrated. Drink water as normal.
	You're just fine. You could stand to drink a little water now, maybe a small glass of water.
	Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.
	Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.
	Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

For more information visit www.urinecolors.com



S P S Y R S G K S T W S I N U
 P I E E E R Y U O A E M W X O
 O N H L T A J M T I N O R R X
 R E C L A E A E R K R M B Q Y
 T A A O W T R R E B M U C U C
 S P E W O M E N I K S Y R D X
 D P P E E B S Y E N D I K R C
 R L S L W T I U R F E P A R G
 I E O A C A N T A L O U P E U
 N N R C O C O N U T W A T E R
 K T S R I H T H T U O M Y R D
 S O R A N G E S B L A D D E R
 S P I N A C H R O L O C R E D
 F V E M R C I B R A I N F O G
 U R I N E X S H D X U U R H T

Resources

1. Mayo Foundation for Medical Education and Research (MFMER)
2. <https://www.bodybuilding.com/content/50-shades-of-yellow-what-color-should-your-pee-be.html>

The Take Back Tour Health Ministry is the health ministry of the Philadelphia 7th Day Adventist Church in Burlington, NC. Visit us at www.thetakebacktour.com

Can I drink too much water? YES.
 Water intoxication can occur when you drink excessive amounts of water in a short time. It can cause the sodium in your body to drop too low. Symptoms can include confusion, headaches, nausea and bloating. In severe cases, it can lead to seizures, organ failure and even death! So DON'T drink 1 gallon of water in 1 hour. Spread it out through the day and you are fine. Avoid these types' of challenges or contests.

Can holding you bladder kill you? Holding your urine too long can increase your chance of a bladder or urinary tract infection (UTI)?

BLADDER
 BRAINFOG
 BROWN
 CANTALOUPE
 COCONUT WATER
 COLOR
 CUCUMBER
 DRY MOUTH
 DRY SKIN
 GRAPEFRUIT
 KIDNEYS
 ORANGES
 PEACHES
 PINEAPPLE
 RED
 SPINACH
 SPORTS DRINKS
 STRAWBERRIES
 TEARS
 THIRST
 TOMATOES
 URINE
 WATER
 WATERMELON
 YELLOW



"Everything in moderation, including moderation." - Oscar Wilde