



About Water

Created by Allison Ishman, Clinical Massage Therapist, Certified Personal Trainer



WHAT: *Water* is a hydrating fluid that is essentially additive free.

Overall, the recommended quantity of daily water intake is about 8 eight-oz. glasses, which is 64 oz. total. However, if you take your body weight and divide it by 2, that gives you a more accurate representation of how many ounces of water you should be drinking in a day.

Water ingested at room temperature will more quickly adapt to normal body temperatures, although whether or not you drink it this way is a matter of personal taste. If anything must be added, lemon in small amounts is the best option - but this is not pure water, then.

WHY: Water is a very, very important part of keeping soft tissues in the body healthy and productive. Water helps flush our wastes and acids that cause stiffness, pain, adhesions, muscle spasm, or more serious buildup conditions. These wastes are carried away by increased lymphatic and blood flow. Water is helpful in decreasing discomfort from overexertion, and in the relaxation and rejuvenation of sore muscles.

WHEN: Whenever is easiest to integrate this method into your daily routine is the most intelligent time to do it. The key to keeping your water intake up is to have it around you no matter where you are. Bottles of water next to bed, in the car, at work, and in your gym bag are important places to begin. In the mornings when you get up and at night before bed are important times to drink water. These are the times right before and after your body is cleaning out and rejuvenating. Before and (especially) after periods of stress on your body - like before and/or after working out, or after a repeated activity that is a strain are great times to drink water.

BE CAREFUL OF THIS! Beware of replacing your water intake with readily available, often habit-forming, dehydrating beverages like sodas, teas, coffees, & alcoholic beverages. These all contain nutrients, sugars, or toxins that require water to flush them through the digestive system, cardiovascular systems, lymphatics, liver, and other body organs and systems.

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Ishman BodyCare Center & Institute

608 S. Washington Street, Naperville, Illinois 60540
(630) 378-3768 Business Office (630) 355-5125 Appointments (630) 355-5186 Fax
www.ibodycare.com ishman1@ibodycare.com