

# Hydrate, Hydrate, Hydrate...

by Jane Scrivner

POUR YOURSELF A NICE CHILLED GLASS OF WATER AND READ ON!

Water is the elixir of life, very easy to take for granted and very easy to forget **BUT** do so at your peril - or at least, to your detriment. It's refreshing, it's easy to get hold of, it's 'on-tap' and it's cheap...

Our bodies are about 75% water, Our blood is approx 92% water, bones come in around 22% with muscles at 75% and the brain a massive 82% water content.

Moderate dehydration can cause symptoms of headache and dizziness and moderate dehydration can slow metabolism by as much as 3%. Lack of water is the number one cause of tiredness and hunger pangs. Drinking 8 to 10 glasses of water a day could ease 80% of general aches and pains.

A 2% drop in hydration slows down our recall, gives us trouble with basic maths - or even more trouble with basic maths, and causes difficulty in focusing on reading or screen work.

We need water to think, to lose weight, to exhale, to regulate temperature in the body, to excrete, to digest, to have our blood circulate efficiently - we need water to live!

Don't over do it, simply keep an eye on consumption and drink little and often. Aim at a litre a day, over the entire day - if you drink it all at once it becomes at worst dangerous and at best uncomfortable. Drink it in tea, drink it in juice, eat it in high water content foods, vegetables, fruits, salads etc and just see the difference a few drops can make to how you feel and how you look.

## HYDRATE!

Water is a fabulous skin elixir, but not necessarily 'applied'.

Skin needs to hydrate, think wrinkled raisin versus plump, smooth grape - the only difference is water... hydrate on two levels, from the inside and from the outside.

Eat skin loving foods that are full of water and antioxidants - you guessed it, vegetables, fruits and salads. Protect with good quality moisturiser or face oil. Get yourself off to your local salon and get some good professional advice on how best to keep the water in your skin! A little effort now will have you looking good and wrinkle free forever.

## HYDRATE!

Go to water, and by this I mean get in, on or by water. If you think about the most relaxing times in your life, the best holidays or the best memories

of 'day's off and they are likely to involve water... a deep relaxing bath, a refreshing swim, a pedalo on the sea, a boat trip through a famous city, a paddle on the shore or a dip in the pool. Crashing waves on a wintry day, soft ripples on a pond or the sound of a babbling brook or garden waterfall, all water, all relaxing and mood changing - salty sea air or refreshing cool waters, just go to water and see how your body relaxes into the ebb and flow of H2O...

### So Hydrate Hydrate Hydrate...

3 small steps to make life healthier happier and just a little more beautiful...

