

# WATER: SOURCE OF LIFE



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Water is the source of life and a vital importance to humans, as well as for the rest of the living beings. The human body is almost 2/3 of water, making it main component. In order to ensure the proper functioning of the organs, is very important to keep it hydrated at all time. If you don't drink enough water you could experience some of the following symptoms.



- Headache
- Dry and cold skin
- Lack of concentration
- Bad breath
- Changes in mood
- Cloudy mind
- Dizziness
- Chronic tiredness
- Constipation
- Joint pain
- Very dark yellow or amber colored urine

Under normal circumstances, the body loses from 2 to 2½ gallons of water that needs to be replenished daily. All bodily functions: breathing, sleeping, digestion of food and evacuation of excrement cause loss of water. It doesn't matter if you are in a cold or hot climate, in the same way you need to hydrate your body.

The best source of hydration is water. However, many of the foods we eat are rich in water and help hydrate us. Among these are fruits and vegetables, such as: melon, watermelon, pineapple, tomato, chayote, eggplant, asparagus and pickle among others. We can get part of the water that the body needs from these foods, but the best source to hydrate will always be water or drinks made mainly of water.

Maintaining an adequate level of hydration is essential for survival, health, physical and mental performance. Drink water, even if you are not thirsty, and make it part of your daily routine.