

Quick Tips – Water

Source: FirstLine Therapy
Therapeutic Lifestyle Program for Better Health Now and For a Lifetime

Life and health depend on water.

It is needed to carry vital substances to cells and waste away from cells.

It is necessary to moisten the lungs and respiratory tract, lubricate the joint surfaces and internal organs, and ensure proper digestion.

How much is enough?

Individual needs vary, based on activity level, weather, and what is being eaten. For example, vegetarians who consume lots of fresh fruits and vegetables require less water than someone who regularly consumes meats and breads.

One way to get an idea for your requirements is to drink $\frac{1}{2}$ your body weight in ounces each day.

Example: A 140 pound person would drink 70 ounces
(Eight - 8 $\frac{3}{4}$ ounce glasses per day)