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The Beverage of Choice

By Nancy Jerominski

Opinions abound on how much water you should drink as well as what acceptable sources of hydration are. Elizabeth Quinn, M.S., an exercise physiologist, fitness consultant and health information content producer and editor, states: *"It is a myth that you need eight glasses of water a day. According to a report from researchers at the Institute of Medicine and Canadian scientists we should be more concerned about our sodium and potassium intake. Their findings indicate that most people get adequate fluids by drinking when they're thirsty."*

[Paul Chek](#), [F. Batmanghelidij, M.D.](#), a host of other holistic (defined: *addressing the emotional, physical and environmental impacts on our health*) wellness practitioners and I respectfully disagree.

Human evolution has not progressed one cell in the last 200,000 years. Humans evolved drinking water and mother's milk. We learned to tolerate full fat cow, goat, sheep and mare's milk depending on what part of the world we were in.

Certain beverages were fermented. We discovered tea and coffee. Some peoples were vibrant, happy and vital; many were not. Back then, these liquids may have aided in hydration when good water was scarce. The refined sugar and caffeine laced sodas, beer and alcohol and artificially sweetened "health" drinks of today do not.

Many advocate using thirst as the best indicator of when you should drink. [Dr. Batmanghelidij](#), [Paul Chek](#), scores of others and I disagree. Our bodies cry for water in many ways we have lost the ability to hear. Joint pain, high blood pressure, GERD, migraines, foggy thinking and weight gain are also indicators that your body wants water.

Colorful beverages packed with additives, sodium, caffeine and sugar may give you a tasty rush but the toll on just your kidneys, for starters, is enormous. Read the label on bottled waters and you'll find sodium added for flavor!

Being dehydrated just 1% affects brain function; most people come in at 4% or higher. Your brain is the biggest water consumer in your body.

The most common complaint about increased water consumption is that bathroom trips are more frequent. Your body is busy getting the cells hydrated, which can take a while.

What happens when you put a dry sponge in water? Water runs right off the surface at first, and then the sponge begins to literally suck it up. That's what happens in your cells.

Most of us have far too much sodium in our system, which dehydrates us even more. Table salt is the refined version of sodium chloride which our bodies cannot utilize and is toxic. **Unprocessed** Celtic sea salt has 70 trace minerals (electrolytes) your body can use.



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Adding a pinch of the latter enables the cells to “drink” better and soon you are hydrated on a cellular level. Trips to the bathroom taper off nicely. Without fail, when clients get their hydration levels up to par with that pinch of **unprocessed** Celtic sea salt, they tell me they “just feel better”. It shows in their skin and eyes.

Rehydrating Properly

- Consume half your body weight in ounces of water. Give yourself a good month to get to that number.
- When your feet hit the floor in the morning, drink close to a third of your quota. This is the only time you’d want to guzzle. Get it down, wake up your cells!
- Drink 8 to 10 ounces every 20 to 30 minutes through-out the day until about 7:30 P.M. Guzzling water flash floods the cells, washing away important minerals.
- Drink 8 to 10 ounces of water every 10 or 15 minutes when exercising.

Learn to enjoy the taste and benefits of pure filtered water with a pinch of **unprocessed** Celtic sea salt. You have nothing to lose but that lousy feeling, and you’ll notice some remarkable changes!

So, how important is water?

We can survive three weeks without food but only three *days* without water.