

## PURE WATER DRINKING GUIDE

Staying hydrated is essential for energy, burning fat, enhancing your metabolism, detoxifying your body, transporting nutrients to your cells, and for mental alertness. Dehydration is the biggest cause of memory loss and fatigue. Dehydration also causes cholesterol in your body to stick to and build up on your arterial walls, increasing the risk of heart disease.

**How much?** To stay hydrated, you need to drink at least *half your body weight in ounces of pure water* (spread out over the day). Therefore, if you weigh 150 pounds, you need at least 75 ounces of pure water a day. Remember, you cannot drink too much pure water—the more the better.

**How do you know if you are hydrated?** Your urine should be almost clear once every 24 hours. Remember: Thirst is not a good guide—by the time you experience thirst, you are already 2-3% dehydrated, which means your energy is depleted by 20-30%.

### What counts towards your pure water intake?

- **Distilled water:** Rated purest by National Science Foundation. (2-12 parts per million contaminants). Good brands include: Smart Water by Glaceau (distilled water with added electrolytes, flavored with the essence of fruit - comes in various flavors without added sugar or artificial sweeteners), Miracle water by Alacer crop (distilled water with added electrolytes); Trinity; Penta; and Arrowhead Mills.
- **Filtered water:** Reverse osmosis is the best of the filtered waters (rated second purest by National Science Foundation). Good brands include: Aquafina and Darsani.
- **Spring water:** Most bottled water is bottled from spring water. Be aware however of bottled waters. Many are simply filtered tap water, and not very pure at all. Stick with reputable companies such as Arrowhead Mills, Trinity, and Crystal Geyser.
- **Sparkling water:** Can be flavored but not sweetened (Carbohydrate content should be zero). Perrier, Pellegrino, Calistoga, Arrowhead Mills are all great brands.
- **Herbal decaffeinated teas and decaffeinated coffee:** Must be made with pure water. Green tea (caffeinated) is highly recommended for its anti-cancer and cholesterol lowering properties. It is a great natural energizer and has been shown to enhance metabolism and fat burning. Decaf coffee contains tannic acid, so should be limited to 2 cups a day.

### What about tap water?

Avoid tap water because it contains a list of contaminants that are toxic to your body, including: anti-biotics, hormones, chlorine, fluoride, herbicides, and pesticides. Test all well water. A high quality reverse osmosis filtration system or distillation system is recommended if you wish to use your home tap or well water. See ***The New Nutrition*** by Michael Colgan Ph.D. for a synopsis of most city water supplies in the United States.

### What does not count towards your pure water intake?

There are a number of foods and liquids that need to be avoided or eliminated because they dehydrate and therefore de-energize your body.

- **Coffee and anything caffeinated:** Over-stimulates your adrenal glands causing the release of adrenaline, cortisol, and other adrenal hormones, putting you in “fight or flight” response. Build-up of these hormones can be toxic to the body and encourage fat

storage, suppress immune system, break down muscle and bone, and accelerate brain aging. Caffeine stimulates the liver to release glycogen into blood stream raising blood sugar and insulin levels. It is a diuretic causing your body to lose water. It binds to iron and calcium, contributing to anemia and bone loss. If you are pre-menopausal or menopausal and bone density may be an issue, I recommend limiting or avoiding coffee and any caffeinated product. Do you need to cut out coffee entirely? Ideally, yes. But limiting your intake to one cup per day would be acceptable.

- **Alcohol:** in its purest form is a toxin, which means that beer, wine, and any distilled liquor is simply a diluted version of that toxin which, in excess, may accelerate brain aging. Alcohol is also known to cause depression (because it lowers brain serotonin levels). It causes a diuretic effect in the body, therefore causing dehydration of the brain and tissues. It also depletes the body of vitamins and minerals, including B-vitamins which are essential for energy production. Alcohol is also addictive. If you crave sugar, you may also crave alcohol, because sugar and alcohol are almost identical in their molecular structure. If you ever drop into an AA meeting, you will most likely find people eating sugary foods, which they use as a replacement for alcohol. Alcohol also slows down the metabolism, thus impeding fat burning. We recommend reading *Seven Weeks To Sobriety* by Joan Matthews Larsen, which talks about the biochemical connection with alcohol and how to heal alcoholism through nutrition.
- **Fruit juice:** Fruit juice, even freshly squeezed, is pure sugar, which raises blood sugar and insulin levels, and is a major dehydrator. Just check your nutrition facts labels. Grams of carbohydrates = grams of sugar.
- **Sodas:** Regular sodas are very high in sugar, so raise your blood sugar and dehydrate you, as well as produce acid in your body contributing to teeth decay, cavities, gum disease, and bone loss. Sodas containing artificial sweeteners cause a rise in insulin levels, blocking fat burning and encouraging fat storage. Aspartame (also known as NutraSweet and Equal) is metabolized into methanol (wood alcohol) which is then broken down into formaldehyde (a substance highly toxic to the brain) and formic acid (ant poison). Aspartame has been shown to accelerate brain aging and affect the nervous system causing vertigo, headaches, migraines, muscle pain, and fibromyalgia- and MS-type. Other sweeteners such as Sucralose, ace-sulfame-K, and Saccharin are also linked to various health disorders.
- **Commercial Sports Drinks** (Gatorade etc): Most are very high in sugar (check the nutrition facts), and very dehydrating. There are certain specialty sports drinks such as Cytomax and others which can be useful in sports such as triathlons or marathons where you are exercising for more than 4 hours in duration, after which time your glycogen levels need to be replenished. For any activity under 4 hours in duration, water with electrolytes is perfect.

### Hints for getting your daily intake of pure water

- Aim to drink at least 1 8oz cup of pure water every hour you are awake.
- Keep pure water always in sight—in your office, kitchen, bedroom, bathroom, take it with you on planes, in hotel rooms etc.
- Discover ways in which you enjoy to drink water. Try herbal teas, sparkling waters (can be flavored but not sweetened e.g. Perrier), room temperature or cold, add mint leaves to your water or a squeeze of lemon or lime.