



## nature's pure drop

Rather than water, too often we choose carbonated, high-sugar, or caffeine-laced beverages. We also confuse thirst with hunger, and eat instead.

People generally don't drink enough water. Yet drinking plenty of water will make a world of difference to how you feel (prevents fatigue), look (keeps skin moist and supple), and perform (improves physical and mental functioning).

An adequate water intake helps prevent constipation, overeating, and development of kidney stones. Now, amazingly, new research suggests it also protects against modern killer diseases!

### water guard

Drinking at least six glasses of water as compared to one a day cuts the risk of bladder cancer in men by half, according to a Harvard study.

Drinking five glasses of water as compared to two or less, reduces the risk of dying from heart disease by 40 to 50 percent, according to the *American Journal of Epidemiology*.

### how much is enough?

Most health authorities recommend at least six to eight glasses of pure water each day. If using a water bottle, this equates to about one-and-a-half to two quarts.

Tap water (filtered) or bottled plain water is best. Soda drinks, flavored mineral waters, juices, alcohol, tea, and coffee do not count as pure water.

While fruit and vegetable juices provide nutrients, you should limit fruit juices if overweight, even those with "no added sugar." Vegetable juices provide fewer calories.

To check whether you are getting enough water, examine the color of your urine. It should be fairly clear, if you are well hydrated. Dark yellow urine suggests not enough (unless you are taking riboflavin, which can color the urine yellow).

### tips

- ▶ Drink one to two glasses of water as soon as you wake.
- ▶ Drink before, during, and after exercise.
- ▶ Keep water at your workstation.
- ▶ Travel with a water bottle handy.
- ▶ Drink a glass or two in the early evening.



Nutritionist Sue Radd is the award-winning author of *The Breakfast Book* and co-author of *Eat To Live*, internationally acclaimed for showing how savvy eating can combat cancer and heart disease and improve well-being. See the latest at <http://www.sueradd.com>.