

Short Commentary

Water, a Gift for Life

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The body is mainly composed of water: the brain is composed of 90% of water, the blood from 83%, muscles 75% and bones 22%

- It helps transport oxygen and nutrients to cells
- It helps the lungs to humidify the air
- It helps the stomach in digestion
- Protects the organs
- It helps the intestine to absorb the elements
- Regulates body temperature
- It helps the liver to remove toxins

It protects and lubricates the ligaments Want to improve your fitness?

Remember: a little water = water retention and difficulty in weight control! Try to drink at least 1.5 to 2 liters of water the equivalent of 8 glasses ... "as easy as drinking a glass of water!" Many diseases that presently afflict millions of people around the world come from a simple cause: do not drink enough water! When from time to time our Body protest through the pain, we call these desperate thirst signals (Dehydration) asthma, diabetes, arthritis, angina, obesity, Alzheimer's disease, high rate of Cholesterol, hypertension and so on.

As we become dehydrated?

Through the many activities of our daily lives, we lose an average of 2.5 liters of fluids, which are generally replenished from those contained in food and beverages we eat. But exercise, sweating, diarrhea, or ambient temperatures the altitude can significantly increase the amount of liquid needed to our body. The most common source for a liquid of greater need is given by sports and sweating. The effects of even mild dehydration are obvious and they include poor coordination, fatigue and inability to judgment. The means through which we lose our liquids are breathing, perspiration, urine and feces. The amount of what we lose varies as a function of the levels of activity, the temperature air, humidity and altitude.

How we perceive to be dehydrated?

- Having a dry mouth is one of the last signs of dehydration. Furthermore, this perception tends to worsen with age.
- If you are thirsty, it means your cells are already dehydrated.
- A severely dehydrated body produces orange-colored urine or at least dark.
- A body a bit 'dehydrated produces bright yellow urine.
- A well-hydrated body produces colorless urine.
- Some of the side effects of dehydration include stress, headaches, pain in the back pain, allergies, weight gain, asthma, high blood pressure and Alzheimer's.

How much water you need to drink?

- Every day you should drink about 2 liters of water.
- Ideally you should never be more than 15 or 20 minutes without drinking at least one drink of water.
- You should start drinking water in the morning, before you even get out of bed. This especially when you feel more intoxicated and dehydrated.
- It's always good to drink before eating, to support the digestive process.

And the tap water?

Unfortunately the pure drinking water is a very rare good, as most tap water is polluted. In fact in our waters are discrete levels feces, chemicals and other pollutants. To achieve the minimum qualitative states, the water is treated with different systems, including sedimentation, filtering, chemical conditioning and disinfection by chlorine.

And bottled water?

Most of the bottled water is simply tap water subjected to a minimum filtering, to improve the taste. Whereby also the bottled water is impure, unless it is not of the right quality. There is only one way to have pure water and is to remove all contaminants, including cryptosporidium, a parasite that He lives in water. It

would be better to drink filtered water through a process of osmosis Reverse that remove chemicals such as pesticides, heavy metals, chlorine and fluorine, along with bacteria and viruses. At least 70% of your diet should be made up of water-rich foods. This helps the body to purify itself. If you do not do so are clogging and congesting your body. The typical power -in America, Europe and Australia etc.-is to consume only 15% of water-rich foods; and this is an alarming! Constantine Mazzanobile.