

From the Parish Nurse

Water

*As the deer longs for streams of water,
so I long for you, O God.*

I thirst for God, the living God."

--Psalm 42:1 NL T

How much water did you drink today? Yesterday? When the heat index gets above 100 degrees, you should increase the amount of water you are drinking. Normally you should drink eight 8-ounce glasses of water every day. A survey by Rockefeller University discovered that about a third of those who responded drank the recommended amount and nearly 10% drank none at all. This is cause for concern because water is essential to your good health. Your body is made up of 96% water and to keep all systems functioning optimally, it is important to maintain that percentage. For example, drinking water prevents symptoms such as fatigue, dry skin, headaches and constipation. Severe dehydration can affect blood pressure, circulation, digestion, kidney function and even your joints.



In hot weather, you can lose fluids at a rate of a quart or more per hour so drinking water is important to replace what is lost through perspiration, urination, breathing, and other body processes. If you must be in the heat, drinking water will prevent cramping, nausea, and heat exhaustion. If you exercise, drink a glass of water about 20 minutes before the activity and at least a half a glass every 15-20 minutes during the activity. Since many fruits are 80-95% water, they are another source of fluid replacement.

There are many designer waters on the market but are they worth the money? Some are fruit-flavored and packed with sugar which you don't need in your diet. Some claim to have vitamins or electrolyte supplements but most are negligible. If concerned about getting the proper vitamins and supplements, you would be better off eating fruits and vegetables. Bottled water has its place if the local water tastes bad or if you are uncertain of its quality but it's best to save your money and stick to natural water and a healthy diet.



Dehydration is often signaled first by hunger or fatigue rather than by thirst, so don't wait to take your fill. In the same way, don't forget to thirst after God. The verse above shows that our physical need is equal to our spiritual need. God satisfies our physical thirst with water and our spiritual thirst with his Word.

(Source: www.mayoclinic.com)