

Water

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues.

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.



The Body Weight Approach: One formula is to take your body weight in pounds and divide that number in half. That gives you the number of ounces of water per day that you need to drink. For example, if you weigh 100 pounds, you should drink at least 50 ounces of water per day. To many, this formula seems to be too high with regards to how much a child should drink. Setting a goal of one-third your body weight may more realistic.

The 8/8 Approach: There are many sources that state it is acceptable to drink 8 - eight ounces glasses of water daily. Science Daily reports that drinking 8 - eight ounce glasses a day varies from individual to individual depending on someone's level of physical activity, type of climate, altitude, and overall health.