

The Vital Flow of Water - Are You Getting Enough?

Contributed by Penny Mckay

Water is all about a natural flow. Rivers flow towards the sea, the tides ebb and flow and we too are part of nature's great flow. As human beings, sustaining the flow of our health and the well being of the physical body depends on an adequate supply of water and nutrients.

Water is vital.

Water is vital when you begin to consider all the processes in the body that require fluid. Some are more obvious than others. Our body as a whole consists of 50-75% water. On a daily basis we lose moisture through the breath in expiration, through the skin when we sweat and through the urine when we go to the toilet. Other moisture vital areas to mention include our mouths with saliva, our eyes with tears and mucus producing sites such as the lungs and vagina. These areas of the body we know and are able to relate to very readily but there are many other hidden internal processes that also require us to be hydrated for example the metabolism of fat, the regulation of body temperature and the lubrication of the discs in between the vertebrae in the spine.

Even as a foetus our journey begins in the amniotic fluid in the womb.

How vital that a woman drinks plenty of water during her pregnancy.

Our connection with water is instinctive and life preserving. The mechanism of thirst is triggered within the body, to drive us to seek water for our very survival. This driving force has an intelligence all of its own and it will ultimately prevent us from dying.

Unfortunately, along with our developed intelligence we have developed lots of lovely tasting drinks heavy in additives that are not required by the body for its survival.

Perhaps when the instinct of thirst kicks in it is not a coffee or a coke that the body is craving, it is water.

Water is vital.

The effects of dehydration in its early stages may include headaches, loss of concentration, lethargy and exhaustion. Dehydration doesn't just occur overnight, though overnight is when the body does carry out a great deal of repair and renewal. These symptoms will present and progress after many years of not drinking enough water in between the teas, coffees, coke, fruit juice and alcohol.

The kidneys are the major organs that process the fluid we drink and primarily bear the consequences of our choices. If left dehydrated for long enough the body may develop kidney problems in the form of kidney stones and possibly, in conjunction with certain genetic factors, the worst case scenario could take you all the way to kidney failure.

Re-hydration takes time too.

With consistent attention the body will gradually adjust, recover and restore the delicate balance of this flow.

Water is also a vital part of our emotional processes.

In the Dao philosophy specific organs of the body are linked with particular emotions. The kidneys are associated with fear and the ability to transform fear into courage.

Symbolically the flow of water is representative of the flow of our emotions. In a very real sense this flow culminates in the production of tears that represent our joy, pain, sorrow and frustration. For some of us allowing emotion is a difficult and uncomfortable place to find ourselves. For others it is a sign of weakness. But to never allow ourselves the release of being able to cry with emotion suggests a stopping of this natural flow which can only lead to overwhelming outbursts when we least expect it and ill health. We would do well to "let go and let it flow";

How much water is enough?

This will vary from person to person and will depend on your life style too.

The guideline is to aim for 2 litres of water a day but if you exercise it will be nearer 3 litres. The key to really knowing how much water you need to drink is by monitoring your urine. If it is strong in colour, strong in odour and a weak flow you could benefit from increasing your water intake. Ideally you will have a strong flow when you go which is pale and straw like in colour.

To help you to track how much or how little you've had to drink in a day, purchase a litre bottle, keep it with you and refill it as you need to. Sip your water gradually rather than gulping it down in one go, this way the body is literally drip fed constantly throughout the day.

Yes, you will need to go to the toilet more frequently initially, but this will settle down. It is a good indication that your kidneys and bladder are working effectively when this happens, be more concerned if it's not!

Consider having a glass of water for every cup of tea, coffee, juice you drink.

A nice warming alternative is warm water and a slice of lemon. Warm water is said to be absorbed more easily by the body and at this time of year may be preferable to freezing water from the tap. If you really find water tasteless then add a splash of fruit juice as this will be better than no water at all. Further increase your intake of water through fruits with a high water content such as melon, apples and cucumber. The benefits of increasing your water intake can be felt immediately. Headaches, even migraines, can miraculously disappear and if you feel lethargic and tired it is possible you will notice a lift in your energy very shortly after drinking a glass of water.

Try it for yourself and next time you have a headache at the end of a hectic day or experience difficulty concentrating after being at your desk for a while, drink a glass of water and sense what happens for you.

To find out more about the healing capability of water:

“Your Body’s Many Cries for Water” by Dr F.Batmanghelidj published by Tagman is an interesting read.

He states that “The message of this book is simple. You are not sick, you are thirsty.”

I like the underlying message of the book and the fact that controlled use of water and salt could remedy many of our modern day illnesses. His website is www.watercure.com

We are so lucky to have good quality water readily available to us just by turning on the tap. Let’s start drinking it!

Penny Mckay - 2009

Penny is a bodywork therapist and works from home in Ringwood. The treatments she offers incorporate the body, mind, spirit philosophy with the emphasis on the body. She specialises in helping clients to release deep rooted physical, mental and emotional issues which may present as pain, anxiety or depression. “The aim of this guided work ultimately is liberation, to help people realise they can choose a different way of being and thus set themselves free”.

Penny also writes a monthly blog-ezine which includes interesting and inspiring articles, book reviews, websites and more on all things body, mind and spirit related. To find out more check out Penny’s website at <http://www.pennymckay.co.uk/>