

## **Ruiner**

I've been keto for close to ten years, Pretty strict the whole time, I also do concrete work which consists of physical exertion for app, eight hours a day, In summer months I find it very hard to stay hydrated. If I lose track or get sidelined and do not drink enough water in a day it can snowball quickly and I feel lousy, Work becomes much more difficult and it takes couple of days to re hydrate, Maybe longer if work and heat are extreme, Happens also in cooler months also because as I said earlier I lose track and don;t drink enough and before I know it I'm dehydrated,

I started making my own mineral water with potassium, magnesium and calcium. Really helped a lot. Sleep went high quality too! Yes I suffered years of middle of night heart thumping. Years! I just don,t understand when I read that my body will adjust and not flush out water and with it minerals once I get adapted to low carb. Well ten years I would think I would be adapted.

Posted On 05/27/2017

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## **bchristine**

Ruiner, I am curious how you make your own mineral water ... would you share please? Thank you :-)

Posted On 05/27/2017

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## **iamblessediam**

Hi ALL -- I'd STRONGLY suggest spending some time learning the benefits of and the "hows" of making structured water - as a starting point, here's a couple web resources: [[www.dancingwithwater.com](http://www.dancingwithwater.com) ] and [<http://watercodes.com/> ]. Here's three books on the value of why structured water is so IMPORTANT in maintaining optimal health for disease prevention and reversal: [[dancingwithwater.3dcartstores.com/Books-\\_c\\_16.html](http://dancingwithwater.3dcartstores.com/Books-_c_16.html) ] and [[www.amazon.com/Water-Codes-Science-Consciousness-Enlightenment/dp/0986..](http://www.amazon.com/Water-Codes-Science-Consciousness-Enlightenment/dp/0986..) ]. Here's a WORTHWHILE short video that explains WHY everyone should be using structured water: [[www.youtube.com/watch](http://www.youtube.com/watch) ]. After watching the video and learning the "hows" of making structured water and doing so, take your hydration to the ULTIMATE level by incorporating ORMUS elements - the "ORMUS level" is "fine tuning" what you are at the core - a liquid crystalline semi-conducting low heat nuclear reactor. Go to the "Dancing With Waters" web site, click on "Articles" - click on "More" to bring up the ORMUS article - for some reason Dr. Mercola's "server" isn't loading the direct URL link to the ORMUS article. Love, blessings and peace everyone...especially in the USA on this Memorial Day weekend and around the world!

Posted On 05/27/2017

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## **grulla**

"bc", perhaps this trace mineral product might help answer your question, that could be added to distilled, filtered, reverse osmosis, and/or structured water: [traceminerals.com/concentrace-trace-mineral-drops](http://traceminerals.com/concentrace-trace-mineral-drops)

Posted On 05/27/2017

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## **iamblessediam**

Yo prolration...as compared to what - the rest of your life?!?! I don't know if you watched that video - however - if you want to change your life into a MUCH MUCH better optimal health picture - which structured water WILL DO on all levels - me thinks spending 42 minutes getting "edge-you-ma-cated" would be worth the time;-)! And if you don't take the time, that's okay tooooo - but your loss too - because your body is - on a molecule basis - 99+% structured water. Well researched science shows - unless replenished - the root cause of any physiological breakdown - disease in general - is because the body loses structured water - EVEN in cases of acute emergencies - the science is there to prove it - do the research. The video is a "short" encapsulation outlining my previous sentence claim - 42 minutes covering years of research - a "short" and fair trade off in my book! LBP!

Posted On 05/27/2017

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## **mirandola**

Here is a great cool-off technique: Wet a towel. Wring it out, and put it in the freezer for about 20 minutes. Wrap around your head as a turban. WOW! You can't believe the instant cooling effect!! Far better than air conditioning and more instant. Wonderful! If I am dehydrated, I find that coconut water is far more re-hydrating than water. Apparently it mimics blood plasma, hence its effectiveness.

Posted On 05/27/2017

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## veritasoreventus

Hi iam - Many of us may be considering your recommendations for going the structured water route, but (1) to get the complete education and all the in and out knowledge required, how much total time would you guesstimate this learning process might entail? (2) How much time per day and per week would it require for a "newbie" to make a batch of structured water? Can you, or any experienced person, make it quicker and better quality than a "newbie"? I believe you mentioned to me that the outlay for equipment is probably about \$200.00. Where do you recommend that the equipment be set up, kitchen, basement, garage, yard? How much space is required? Can the equipment be broken down and set up on a daily basis? How large of a storage container do you recommend for the structured water? Is the water heat and cold sensitive, i.e. stored in an area where temps don't exceed or drop below certain limits?

For those not inclined or able for numerous reasons to make their own structured water, do you know of a really good commercial product? Thanks in advance for any further help you may be able to provide us all in answering any of the above questions which immediately come to me. Best wishes as always - veritas

Posted On 05/27/2017

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## iamblessediam

Hi veritas -- The method I use to make structured water is a two step process. I begin by filling a half gallon wide-mouth mason jar with distilled water that contains Prills:  
[[dancingwithwater.3dcartstores.com/Prills-3-oz-organza-bag\\_p\\_28.html](http://dancingwithwater.3dcartstores.com/Prills-3-oz-organza-bag_p_28.html)] as a pre-conditioner - that sits "covered" for 24 hours. After the 24 hour conditioning cycle , the water is transferred into another half gallon jar that has the following "items" in it - ANCHI Crystals in a mesh bag, shungite in a mesh bag, QELBY and Laminar Crystal Orbs - all of which can be "reviewed" here: [[dancingwithwater.3dcartstores.com](http://dancingwithwater.3dcartstores.com)]. Once the water is transferred, I add a half teaspoon of a special salt blend, 20 drops of fulvic minerals and about 10 drops of Crystal Energy [hydrogen enhancer -research Hunza water] - these three can be viewed/sourced from the last link [Note: I source my Crystal Energy from Amazon]. I then "vortex" with a wooden spoon starting first counter-clock wise for a minute, then clock wise for a minute - I do that for about five minutes. After the vortex step, I do the following - an "optional step" but not necessary and since I already own them, I then take a 528 Hz tuning fork, strike it and hold over the mouth of the jar.to impart that frequency into the water's memory. After that, the jar is covered with a towel and let to sit for another 24 hours. The ANCHI Crystals supply the "energy" to form the hydrogen "bond" that forms the hexagonal structure - they beat the pants off of magnets and scalar energy. Shungite does two things - protects that hexagonal structure from EMF/EMI damage AND imparts natural carbon cages called "fullerenes" into the water - shungite is the only "natural" stone that does that. About fullerenes - they are cages that capture massive amounts of hydrogen - that capacity is well documented by research both in Russia, France, Japan and China - the "Dancing With Water" book contains those research links.

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## iamblessediam

Cont'd -- After the second "batch" of water "seasons" for 24 hours covered in darkness, it's ready to drink. The process "mimics" the journey water takes inside the Earth and comes out at a spring. The total time it takes me each day is about a half hour tops. As I understand it, as long as room temperature never exceeds 70-75 F, location isn't an issue. With the shungite, location isn't an issue regarding EMF/EMI concerns - which are very valid concerns because EMF/EMI does damage water. I like this process because there's no big bucks spent on a machine that uses electricity, nor is there added "filter replacement" expenses. The only thing that I'll need to replace - beyond salts, fulvic minerals and Crystal Energy - are the Prills - about once a year or after a thousand gallons - do the math. Before drinking and to each liter I'll add a quarter cup of magnesium bicarbonate water which I store in the fridge. The structured water I make is unlike any water I've drunk since leaving the farm where there were about six springs from which I would drink - it's "creamy" and smooth and doesn't have a metallic taste to it. Recently, I've also started adding ORMUS elements to each liter I drink - I now have NO hydration issues whatsoever - no thirst, I feel well hydrated. If a person drinks structured water, they'll drink less water and be supporting their bicarbonate buffer system. Hope this helps! Any questions, be in touch. Love, blessings and peace!

Posted On 05/27/2017

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## Luvvvy

Wow, great post iam. Fascinating process, all the energy/ intention you put into the water. I am still at the Thank You x2 with Love, level of structuring. You need your own blog. And lastly, the line from the above post, "it lasts for 42 minutes - that's NOT short", had me laughing big time, and wanted to offer the snappy comeback, (famously from The Office), "that's what she said". Haha, could not resist, please forgive me. Hope everyone has a nice, not short weekend!!

Posted On 05/27/2017

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## Julianne

Mirandola, a wet T-shirt will cool you down fast too! Here in Oz you can make or buy a fabric 'sausage' filled with tiny granules that absorb water. After soaking, you wear it around your neck and it stays cool for quite a while. The granules are the ones you can buy in garden centres for adding to pots - or I think they are the same as those in disposable diapers.

Posted On 05/27/2017

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## veritasoreventus

iam- Luvvy's right...Wow, great post! That's some process that you're using. Looks like we have some homework to do before giving it a go, but the benefits appear to be promising. Very much along the lines of Ponce de Leon's legendary fountain water.....and, believe me, many of us (including me) could use all the help we can get. lol

Posted On 05/27/2017

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## **caws**

In August of 98 I was at the Georgia Olympics for a week for the 3day Equestrian Events. Some idiots convinced the Olympic committee that it would not be too hot to run horses cross country endurance for miles over many obstacles in GA summer. My friend was the head vet for this and they had a vet at every fence. Many horses had to be "tanked" [given IV fluids to replace that lost by sweat] and someone invented a cool mist tent where they went immediately after to cool down. Ice packs were applied to large veins & arteries. Too my knowledge all got thru OK .

However people were dropping like flies. Coming there from AZ we were prepared. Had a frozen water backpack with hose for my mouth, umbrella, spray bottle with ice water, and personal battery operated fan. There were medic tents everywhere and constant announcements reminding folks that if they did not need to pee every couple of hours they were dehydrated.

As a riding instructor & horse trainer in AZ; I would drink nearly a gallon of sun tea [red zinger is sweet & needs no sugar] and sweat it all out. Had to peel my clothes off & shower twice a day! After my first fluoroquinolone poisoning & recovery [took a year] I had to supplement with lots of Mg& K or I would cramp up so bad I could not get off the horse. Keep in mind that I was 39 [1991] back then & Marine fit. Because there were no warnings on Levaquin,Cipro, Factive till after 2008 I took these drugs 6 more times till I broke out in rash from head to toe for a month. Reached toxicity level that my body could no longer handle & will never ride again never mind do HIT training unless someone finds a way to reverse the mitochondrial DNA dysfunction caused by these criminal drug companies.

Posted On 05/27/2017

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## Acroyali

Yowtch, caws, that sounds like a heck of a race but I'm glad your friend was prepared for the heat. When we run in agility (us and our dogs), we take ice packs, tons of water, mist bottles, and crate fans. The crate fans are cool (no pun intended, LOL) as they have a place to insert a frozen block of ice to keep the fan temperature down. Years ago we went to a lovely outdoor trial on a rather hot day (about 90F) and parking and crate space was all in the shade. There were kiddie pools set up, hoses available and vet on call. All the dogs did well and were in good spirits. While the actual course was in the sunshine, most dogs clean up a course in 30-45 seconds, so the time spent in the actual sun was nil.

On the flip side, we went to an indoor trial that promised air conditioning several summers ago. This day was HOT and this large metal building heated up to uncomfortable temperatures by about 11:00AM. The committee refused to turn the AC on until about 1:00PM. I and many other people expressed our disgust and left. I heard people quietly talking about leaving even earlier than that. Perhaps hot weather breeds, like certain sight hounds and Dachshunds were OK with the hot temperatures, but those of us with double coated dogs, or dogs that prefer cooler climates, got the shaft. We never returned to that particular trial site. We love trialing in September and October, the mornings are chilly (makes the dogs run fast!) and the afternoons are pleasantly warm. Our kind of weather ;)

Posted On 05/27/2017

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## Krofter

I think the amount of water we need is highly variable, depending on body types and climate. In May and June here in the Southwest, when it's common for the humidity to be in single digits, dehydration can sneak up on you. I find when I visit climates with a much higher humidity that my desire for water drops way off. Recently I've found that drinking more water has helped abate sleep apnea. And the quality of water is PARAMOUNT. Structured water that's low in deuterium will be much more effective at quenching thirst and revitalizing the body than tap or bottled water. I've taken iamblessediam's advice and now structure my water with bicarbonate of soda, magnesium and vortexing. Dr. Pollack, who has been interviewed by Dr. Mercola, says that chia seeds in water are a great way to structure water. I suspect other mucilaginous foods like nopal and okra have similar properties. I also suspect that the Biblical use of wormwood to purify water will also prove to be viable. There is much we don't know about water...

[www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 05/27/2017

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## iamblessediam

Hi Krofter -- Another Dr. Pollack "hack" is turmeric - no wonder to me why turmeric is a "mainstay" in Ayurvedic medicine practices and meal preparation. Any "gelatinous" seed or plant source like aloe vera [[www.ncbi.nlm.nih.gov/.../PMC2763764](http://www.ncbi.nlm.nih.gov/.../PMC2763764)] or leafy greens contains structured water. Most other "sources" of water - unless from a clean spring - are "bulk water" - dead water - lacking both hexagonal structure and the vitality of electromagnetic energy found in the Earth. There are methods and means whereby a person can make their own structured water without needing fancy big buck equipment or electricity - people just have to learn how to do so. LBP!

Posted On 05/27/2017

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## Acroyali

I Am. you mention turmeric which I've recently taken in juice hoping to see some anti-inflammatory benefits. I've got some old injuries that still flare up and cause me grief. I do believe it's helping, as 2 weeks ago it was getting quite bad. I'll keep ya posted ;)

Posted On 05/27/2017

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## iamblessediam

Hi Acroyali -- Another "hack" for joint pain - tart cherry - it helps to maintain proper uric acid levels reducing inflammatory response: [[www.drdauidwilliams.com/tart-cherry-is-an-effective-gout-treatment](http://www.drdauidwilliams.com/tart-cherry-is-an-effective-gout-treatment)] and [[search.mercola.com/results.aspx](http://search.mercola.com/results.aspx)]. While anecdotal, since I've begun consuming the structured water I make, I have no pain - NADDA - none beyond the result of a bump or cut - and even with the bumps and cuts, my pain response is about 50% less and disappears faster and quicker healing. I can't "sing the praises" enough about consuming structured water - it's da bomb;-))! LBP!

Posted On 05/27/2017

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## seg

Cut up and add fruit to yer water for further hydration..Good info way top yam 🍷

Posted On 05/27/2017

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## jeffbaker

jeffbaker has deleted the comment.

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## Acroyali

On the subject of sodas and the like; I used to like soda and drank it regularly but I never was able to turn onto energy drinks that tasted like Mountain Dew met a Boston Crème Pie (and not in a good way)! Hot days spent working = much more water intake. My water intake is easily monitored and I'm floored that it doubles during the heat of the year. On the plus side, when I was a kid running in track our coach scorned soda and encouraged us to drink water, water, water. He was always a very kind man, now I know he was also very smart ;)

Posted On 05/27/2017

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## OhioNana

Try reading the book " Your Body's Many Cries For Water"

Posted On 05/27/2017

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## realfoody

I always thought the 8 glasses a day was a bunch of hooey. My grandparents didn't walk around with a water bottle trying to rehydrate all day long, and they both died in their 90s -disease-free. Then one day I saw someone mention online that isn't it interesting that the whole 8 glasses a day thing started about the same time companies began selling convenient, take-it-with you size water bottles. It really would be the perfect pitch to rationalize selling the smaller bottles.

I remember being a kid in the 70s, and I would help my mom do the shopping for Girl Scout camping trips. Water didn't take up half an aisle like it does now. There was 2 choices: gallon and the 2.5 gallon with the spigot. There wasn't 7 bottles sizes and 15 brands to choose from. You can't say we didn't have the water choices we had then, that we do now, because we didn't realize water was so crucial to good health. Please. Somehow humans survived up to that point just fine without taking a bottle of water everywhere. I really believe that one person's theory I mentioned was right: the whole 8 glasses a day was a marketing scam.

Posted On 05/27/2017

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## grulla

I want to suggest and say that donating blood, whether just once or regularly as I do, is just one more reason to drink sufficient water (fluids). Are ya there "seg", ya think DRY RED counts? lol

[www.mnn.com/health/fitness-well-being/stories/5-blood-donation-tips-fo..](http://www.mnn.com/health/fitness-well-being/stories/5-blood-donation-tips-fo..)

Posted On 05/27/2017

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## seg

LOL grulla I DON'T have to donate blood , in my neck a the woods there's enough blood suckers bleeding me DRY as it is.. Like a good neighbor my government is always there"helping" out...

Posted On 05/27/2017

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## Julianne

I remember reading years ago that the original recommendation was for 2 litres of FLUID, not necessarily water. That could include soup, juice, water, tea, coffee etc, plus the water in many vegetables and fruits. Older people, especially is if there is any dementia, can be unaware of thirst. The best test is the colour of urine. If pale, all is OK, if yellow to dark yellow, they need to drink more fluids.

Posted On 05/27/2017

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## Randyfast

B vitamins will turn your urine a deep yellow.

Posted On 05/27/2017

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## grulla

"Randy", "B vitamins will turn your urine a deep yellow." Thank you, thank you, thank you, for helping me connect the dots. My urine has been noticeably darker than usual lately, and I do drink lots of water. My integrative MD/ND doctor had evaluated my recent blood work and recommended increasing my once a day Vit B complex to 3 times a day, due to elevated homocysteine levels. That seems to explain a lot.

[www.emedicinehealth.com/.../article\\_em.htm](http://www.emedicinehealth.com/.../article_em.htm)

Posted On 05/27/2017

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## Julianne

Randyfast, I take mixed B vitamins every day, but my urine remains pale. Maybe because they are Garden of Life RAW vitamins, not synthetic? Just guessing.

Posted On 05/27/2017

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## seg

Riboflavin B2 is the Best vitamin that turns yer pee yellow.. Asparagus will make yer pee smelly in most people and in some beets will make yer poo red.. don't visit the vet until you look into these issues.. 🤓

Posted On 05/27/2017

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## Randyfast

1. We all have different requirements. I will always listen to my body! If I drank 8 glasses of water per day, I wouldn't have any room left for food! ""The vast majority of healthy people adequately meet their daily hydration needs by letting thirst be their guide." Yes; it should be that simple. I think we already have far too much "rocket science".

Posted On 05/27/2017

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## seg

And you only have one point for something everyone should know. Eat when you're hungry, drink when yer thirsty, move a little, how simple is that..common sense???

Posted On 05/27/2017

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## RaajSingha

Dehydration may not always be the reason if you find yourself wanting to drink water every now and then and not quite getting quenched even after drinking a lot. Get your fasting sugar levels tested immediately. Chances are you have gotten into the pre-diabetic stage.

Posted On 05/27/2017

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## iamblessediam

Bicarbonate buffer system and blood and body pH regulation: [[www.khanacademy.org/test-prep/mcat/physical-sciences-practice/physical..](http://www.khanacademy.org/test-prep/mcat/physical-sciences-practice/physical..)]. It's really getting the most bioavailable mineral forms into the body and the best way is structured water - watch the video linked in my other comment above. LBP!

Posted On 05/27/2017

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## Sheelagh

I often wondered why the guidelines don't seem to be related to height, weight, sex and the climate you live in. I'm 5'3", weigh 98lbs, live in a temperate climate and have never been able to drink more than four 8oz glasses of water (along with several herbal teas and a couple of cups of coffee) per day even when exercising.

Posted On 05/27/2017

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## Barbara Charis

Right on! I have known for years that if one eats a sufficient amount of uncooked high water content fruits and vegetables which contain 75% - 94% water, one will get enough water. Studied the gorillas and found they do not drink water, they obtain their water from green foliage and fruit.

Posted On 05/27/2017

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## Acroyali

The same is for cats. Many don't drink water because of their extremely low thirst-drive that requires them to get the majority of their moisture from their diets (which is why so many people are against strict kibble diets for cats).

Posted On 05/27/2017

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## njlady

I get real thirsty after eating a meal with a lot of garlic..Wonder why...

Posted On 05/27/2017

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## iamblessediam

Yo grulla...my "fav rave" combo - ciabatta with tons of garlic, basil and olive oil and Chianti on a hot Summer evening - me thinks I hear the "segascoius one's" lips smacking and the thunder of his "mouth drool" hitting the ground;-))! LBP!

Posted On 05/27/2017

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## seg

NJ must be the Italian in you lol..these lads do have some great suggestions though 🍷 🍷 one two buckle my shoe, three four shet the blooming door, five six grab a BIG stick... Lol...

Posted On 05/27/2017

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## 4321bp

One needs to learn to read their own body and interpret the signs it gives. I drink more water in the summer when I sweat a lot then I do in the winter. Certain herbs and spices including red pepper and oregano can cause the mouth to be dry even if you are not dehydrated. B vitamins, some foods, and pharmaceutical drugs can affect the color of the urine so you have to remember what you've eaten in the recent past. And if you've had surgery that removed the last 12 inches of large intestine, you have lost the ability to reabsorb much fluid back into the body, so you may need to drink even more fluid on a daily basis than is considered "normal" just to keep the kidneys functioning well. If you are tired and headachy without a known cause, try drinking a glass or two of water. It may solve your problem. But learn to read the signs in your own body. Everyone is different so while general information is useful, it may or may not apply to you.

Posted On 05/27/2017

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## **survivorafter60**

I use Cron-O-Meter that Dr. Mercola recommends to track everything I put in my mouth. It will track water for you. My question is it recommends a minimum 3700 grams a day of water, which equates to 130.5 ounces!!! That is over 16 8 ounce glasses. I never even come close to that but I usually get about 50% from all sources. Noticing the color of your urine is also a good practice. Too dark and you are probably low on hydration.

Posted On 05/27/2017

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## **Dr. Mercola**

I would advise ignoring the water recommendations in Cronometer and follow the advice in this article. Listen to your body and drink as much water as your thirst demands.

Posted On 05/27/2017

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## **Mudvayne24**

I drink roughly a gallon a day (mainly water and my 1-2 cups of black coffee in the A.M., possible dark beer in the evening with dinner). This article is on point with the fact that there is no 1 size fits all of adequate water intake. Vigorous exercise, muscle mass, blood sugar issues, dry or humid environments, cold or hot environments, the list goes on with variables.... I find that I comfortably fit my fluid intake on an average day.

I personally bring 3 - 24 oz. glass water bottles, a mug of my black coffee (probably about 16 oz.), and a strawberry banana smoothie with whey protein to work with me every day and consume all of it within 9 1/2 hours. I have another 10-12 ounces in my oats in the morning and whey protein shake, and I usually will have a bit more after I get home as well. If I exercise during the day I'll usually go through another 16-20 oz. while I'm at the gym. I would never recommend this amount to other people unless if they were extreme athletes or comfortably drank this much in the past. I also notice if I don't come close to this level of fluids I get headaches more frequently... just a side note of my personal experience.

Posted On 05/27/2017

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## **tmoran**

Great article, thanks. I wanted to add that my grandma is 93, has always been in the best health, no meds, no diseases, no medical history. Surprisingly, she never drinks plain water! She says she doesn't want it. She likes tea, coffee. I am not 100% sure if I am doing the right thing about drinking water. Since I only use my well water filtered by reverse osmosis (comes out like distilled), I add "tropical oasis" liquid ionized trace minerals to it, with a little bit of Dr. Willards clear concentrate to increase absorption. Or, by the way, my whole house water goes through "fractal water" home unit - becomes structured water (vortex+powerful magnets). I am often more thirsty than everybody else around me, and drink more water than others. My urine is almost always clear, sometimes pale yellow. I contribute my thirst to drinking some herbal teas, particularly green tea (caffeine), maybe eating some salty foods, not sure. Thanks for the great discussion, everybody:)

Posted On 06/01/2017

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## **brr206**

In general, monitoring your urine is best. Aim for about 1L for every 75 lbs of body weight per day and adjust so your urine comes out clear or fairly clear at least once a day.

The best time to drink a lot of water is first thing in the morning before eating anything.

Posted On 05/31/2017

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## **mlredmond**

I learned from Dr. Emoto to put love and gratitude on my water I drink. Then a master told me to use the word "God" on my water bottle to face in and transform the water. I would develop the energy of the word. Over the years, I have changed into a healthier and happier person. You become what you drink. Sometimes it is necessary to flush out the system, so I do not believe you can drink too much water, unless you are an extremist. Moderation is always the key. "Paradigm Busters, Reveal the Real You" at Amazon, has the rest of the story for finding the Great Reality within. Being in the presence of love resolves all. Love is all there is.

Posted On 05/28/2017

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## **tmoran**

After reading about Emoto, I also started changing my water with my thought. Before I drink my first morning glass of water, I hold it in my hands (one above, one under) and think happy thoughts about love, gratitude, peace etc. I totally believe in it! Glad somebody else does too:)

Posted On 06/01/2017

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## **jeri223**

One consideration is people with adrenal fatigue may have low aldosterone as well which will contribute to chronic dehydration. I learned this when a doc wanted me to drink a quart of water, 5 times a day on an empty stomach, in addition to the other water needs with food. I began to get hyponatremia symptoms. This can be dangerous for anyone but more quickly for people with low aldosterone.  
[drlam.com/blog/electrolyte-imbalance-afs-part-1/6408/](http://drlam.com/blog/electrolyte-imbalance-afs-part-1/6408/)

Posted On 05/28/2017

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## maxjohnson

I take about six 16oz glass bottles and filled them with filtered water and a few grams of himalayan salt and put them in the fridge.

Posted On 05/27/2017

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## dino\_203

I find I only want small amounts of water: too much hurts my stomach. However, I recently discovered that a saline solution (can be a hot drink or tea; I don't know how it compares to isotonic saline) makes me feel a lot better when I am trying to wake up in the morning and when I come home tired at night. I drink hot saline tea, rest or take a bath, and eat later. Of course if you eat salty food this may not be a good idea. Your body should tell you how much is best. I think we have been misled by the apparent relation between salt consumption and hypertension which probably doesn't apply to most people.

Posted On 05/27/2017

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## Acroyali

"However, as the Times put it, "[A]s people in this country live longer than ever before, and have arguably freer access to beverages than at almost any time in human history, it's just not true that we're all dehydrated.'" For the most part I agree, but part of me disagrees simply because water gets overshadowed by the selection of beverages at any check out line. You've got soda, diet soda, juice (or, sugar water cleverly disguised as juice), energy drinks, and a few paltry bottles of water that largely go ignored in favor of the former choices. All that liquid sugar can't possibly do much for dehydration and probably makes it worse. I remember in my soda drinking days I'd down a can of soda and wonder why I actually felt MORE thirsty than I had before. I can see the need for 8 glasses of water per day if someone is consuming the SAD, sadly. Or rather, I can see the temporary need for it while they're in the process of culling the SAD and conventional wisdom out of their lives for good.

Posted On 05/27/2017

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## GrrRendTear

I have noticed how this myth has metastasized from somewhere. I bought a GE water cooler once and when I unwrapped it there was a label above the dispenser saying "Did you get your 8 glasses today?" In the past I have questioned this on this-or-that online forum: why 8 glasses a day? In my lifestyle unless I am exercising all day or outdoors in the hot sun I would have a real hard time drinking 8. And I would get answers back like: Because 8 glasses is 64 ounces DUH! (Seriously they wrote that) Or "your kidneys need it" but never any citation that went anywhere other than maybe to the NY Times that is to this day pushing the cholesterol myth. Never any quantitative science. Now I'm thirsty.

Posted On 05/27/2017

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Everything in moderation. Hypohydration increases sensations of thirst, the release of arginine vasopressin and causes the activation of the renin-angiotensin-aldosterone system to replenish intracellular and extracellular fluid reserves. Hypohydration affects mental and physical performance, but new evidence suggests that hypohydration may also have harmful effects on cardiovascular health. This is alarming because cardiovascular disease is the leading cause of death in the United States. Observational studies have linked low habitual water intake to an increased future risk of adverse cardiovascular events.

Specifically, acute hypohydration can reduce endothelial function, increase sympathetic nervous system activity, and worsen orthostatic tolerance. This review is to present the currently available evidence that relates acute hypohydration to altered vascular function and blood pressure regulation.

[www.mdpi.com/.../1866](http://www.mdpi.com/.../1866) (2019) Water intake can increase energy expenditure directly, independent of hunger and satiety. The researchers concluded that this inexpensive intervention could be useful in helping obese people achieve greater energy expenditure. A chronic increase in fluid intake can reduce body fat stores.

During the experiment it resulted in protein sparing associated with increased lipolysis, ketogenesis and lipid oxidation throughout the body; Insulin sensitivity of glucose metabolism was also affected. This acute metabolic state resembled fasting. Cognitive impairment and mood changes have also been detected in women and men following mild dehydration. A dehydration of only 1.39% and 1.59% of body mass, respectively. Chronic insufficient water consumption in older adults, in addition to dehydration encephalopathy, which has been associated with cognitive impairment.

[academic.oup.com/nutritionreviews/article/70/suppl\\_2/S121/1811421?logi..](http://academic.oup.com/nutritionreviews/article/70/suppl_2/S121/1811421?logi..) (2012)

## Guillermou

Inadequate nutrition, particularly excessive consumption of processed foods, causes obesity in children and also causes excessive sodium consumption, which increases the risk of excessive water loss. In this study, 55% of the children (n = 15) had urinary osmolality values greater than 800 mOsm/kgH<sub>2</sub>O, indicating significant dehydration, and 53% were dehydrated, according to the IVC/Ao index. Children with obesity and dehydration had a significantly higher BMI and percentage of fat mass, and a significantly higher sodium intake from their diet, as well as their sodium/potassium ratio.

24-hour urinary sodium excretion and osmolality values were directly related to percent fat mass and fat mass (in kg) in a simple linear correlation analysis. These results confirm that obesity is related to dehydration. High overall sodium excretion in children with obesity indicates excessive salt intake along with low potassium intake, which is a significant predictor of dehydration, independent of total water intake. [www.mdpi.com/.../5150](http://www.mdpi.com/.../5150) (2022)

Posted On 05/01/2024

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## Jmaret

With no science background, I doubted the validity of the 8 cups a day theory. I observed my grandmother who led a very healthy life till 105 yo, drank water only when she felt thirsty. No processed foods back then and ate meat and fish in moderation.

Posted On 05/01/2024

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## dale95

When I was shingling houses every day, we worked even on the 95+ degree days. I found that the amount of water I could drink on a 95+ degree day was directly related to the amount of Gatorade I drank, because as the water consumed went up the amount of salt filled sweating went up and muscle cramping would become a serious issue if I did not replace salts. If I was rich, I would buy lots of gatorade, so I could sweat more. One day before I knew this, I and a friend were racing, shingling equal sized runs. I went full speed on the 95 degree day and finished first. On my way home, my muscles cramped so badly, I could barely control my car. I alternately hit the throttle full speed or brakes very hard. When I finally parked. I walked around and tried to keep from falling. I asked a person to watch over me in case I did fall. He sprayed me down with a garden hose and gave me a half gallon of gatorade. I slowly came back to the land of the living.

Posted On 05/01/2024

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## memeknight1

It seems the video is not available for anyone that does not use social media and privacy invader Facebook?????

Posted On 05/01/2024

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## josephunger

Thank you for the clarity! I have seen SO many health myths like water, low fat diet for heart disease, alkaline diet etc all stemming from a book that somehow got popularized. Untrue as they may be, popularity is widespread. - "They must be disappointed, those who hold authority as truth rather than truth as the authority"

Posted On 05/02/2024

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## **doctordave333**

The way I remember the "myth" about when your thirsty your already dehydrated was in regards to some of the Elderly who's sense or awareness of thirst may be diminished. Not in Everyone. So, that myth is a myth.

Posted On 05/01/2024

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## **nan2016**

I believe urination amounts (and one's weight) are also cyclical according to the moon phase, first becoming somewhat bloated, retaining water, and then shedding it.

Posted On 05/01/2024

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