



BLUEWATER HYDRATION is a water intelligence series to spark consumer awareness about the importance of staying well hydrated at work, rest and play.

# HYDRATION AND DETOXING



## Hydrate your way back to tip-top shape after the holiday season

There are times of the year where we humans overindulge over days or weeks for reasons ranging from the religious to celebrating a new year, the arrival of spring, or a major historical event. In the US, the holiday season kicks off with Thanksgiving toward the end of November and continues through Christmas and the New Year. Often healthy choices, hydration and nutrition go to the wayside.



Most people tend to overindulge in holiday festivities and abandon fitness and hydration regimes.

During the holidays, people tend to enjoy large quantities of food, abandon fitness regimes, and occasionally consume too much alcohol. Yet our bodies are both resilient and designed to self-heal with several pathways to naturally eliminate toxins. Water is one such pathway.

To reset your body, all you need is to give it a little extra tender loving care. And hydrating correctly is essential to helping your liver and kidneys do their job of efficiently filtering out the toxins and help keep off the extra pounds that can accumulate over a holiday. Water helps flush out the toxins in our body through perspiration, urination, and defecation. Water plays a key role in digestion and improves metabolism. Staying hydrated will help

reduce aches and pains, keeping your joints and spinal column lubricated and cushioned. Water also improves blood circulation by carrying nutrients and oxygen throughout the body, improving temperature regulation and overall health and wellbeing.

### Feeling subpar

If you are feeling subpar after the festive season, it's probably due to the buildup of toxins that your body is working overtime to get rid of. Drinking water is instrumental in speeding up the journey to a healthier you. Water is the most important ingredient for waste removal in the body. Your colon and your kidneys rely on water to function properly. Drinking water allows your colon to efficiently remove solid waste and will prevent constipation.

Likewise, the kidneys remove liquid waste through urine and process the water-soluble waste being delivered from the liver.

### **Other ways to help to detox**

There are different ways to detox apart from just drinking water. Taking a hot bath or sweating in a sauna increases blood flow near the surface of the skin and opens up the pores, which also speeds the release of toxins. Don't forget to stay hydrated though while sweating because although it may be doing you good, you need to replace the water you are losing.

Natural detox approaches also encompass eating lots of antioxidant-rich, high-water-content fruits such as apples, watermelons, bananas, berries, grape, peaches, and pears. Regular exercise also helps the detoxification process. Yoga is especially good at resetting your energy system and improving mood. But, at the end of the day, the best tool in the detox arsenal is water, water, water!

### **How much water to drink daily?**

It isn't unusual to hear that the right amount of water to drink is eight 8-ounce glasses, or about half a gallon or two liters. The problem is no one knows for sure where this advice initially came from! In fact, a 2002 study based on reviewing various studies and academic articles concluded there wasn't any scientific basis supporting

the claim we need to religiously drink eight glasses of water a day. We should learn to listen to our bodies more. The human body is so well designed that it tells us when we need to rehydrate using an instinct called... thirst. Also, when people start getting mildly dehydrated, they often experience early warning signals such as a sense of fatigue, a headache, and find their mood decreases. American sports medicine specialist Dr. Angie Mueller says the latest science reveals that hydration needs vary from one person to another, depending on body weight, climate, the existing state of health, and what work or sport they are doing.

**"One size does not fit all," Dr. Angie explains. Instead, she recommends that people create their own daily hydration rituals that are independent of thirst. "Make hydration part of your daily life."**

Dr. Mueller bases her calculation of how much a person should drink on his or her body weight. She suggests people should basically drink half of their body weight (if measured in pounds) in ounces of water. If you measure your body in kilos, you need to drink the numerical equivalent in ounces of water. She adds that in a hot, humid climate, you need to add 10-20 ounces of water. Plus, if you are exercising, you need to add another 10-20 ounces of water as well. Moreover, Dr. Angie says it is essential to realize that starving yourself by going on a

crash diet does not mean detoxifying. Or weight loss. Depriving your body will actually create a state of emergency and you will hold on to calories.

Detoxing is a cleansing process that starts with proper nourishment, which includes water and whole foods. Detoxification is not about starvation and elimination. You need to properly fuel your body with water and nutrients so that it can let go of what it doesn't need.

### **Healthier water**

Bearing in mind how important water is to our health and wellbeing, we should also ensure the water we are drinking is as pure as nature intended. Bluewater is a world leader in providing people and businesses with purified water using leading-edge, patented water purifiers that remove contaminants such as lead and other toxic metals, chemicals, fertilizer and pharmaceutical residues, microplastics and bacteria.



### **Add some flavor**

Let's face it, sometimes plain water just tastes boring. But that's easy to fix. There is nothing simpler than giving water a flavorful boost by infusing or blending it with fruits, vegetables, or herbs. Just slice and add your chosen ingredients to cold or hot water. The longer you leave the fruit or veg in your water, the stronger the taste, but be sure to remove the pieces before they begin to decompose. In a rush for a flavor bomb? Try crushing the ingredients to release flavors faster.

### **Our favorite flavored water recipes include:**

- Cucumber and mint
- Lemon and ginger, maybe with a dash of cayenne pepper
- Watermelon and mint
- Strawberry and basil
- Blackberry and orange

### Water's WOW factor!

- 60% of the human body is water (but the water content varies for men and women and drops as we age).
- The brain and heart comprise 73% water, the lungs about 83%, skin 64%, muscles and kidneys 79%, and bones 31%
- Water is a vital nutrient to every cell, serving as a building material.
- It regulates our internal body temperature by sweating and respiration.
- Water metabolizes and transports the carbohydrates and proteins that our bodies use as food through the bloodstream.
- The liver retrieves toxins from the bloodstream and converts them into water-soluble substances to be excreted mainly through urination.
- Water acts as a shock absorber for the brain and spinal cord and lubricates the joints
- A human can survive without food for about three weeks, but typically only lasts 3 – 4 days without water.
- Not having enough water in our bodies is the primary cause of daytime fatigue. Feel dehydrated after flying? The average flyer loses about six cups of water from his or her body on a three-hour flight.

[Sources: USGS/Others]



## Water to detox with, water to live for

Water is vital to life and wellbeing but just how reliable is the water we get from our taps to drink, wash and cook food, and bathe in? The frank answer is that our drinking water isn't always as healthy as we assume.

Fresh water supplies in many parts of the world nowadays synthetic organic chemicals organic chemicals, toxic metals, antibiotics, hormones, detergents and microplastics, much of which we have poured down the drain ourselves. And that ultimately ends up back in our tap water because our water treatment plants are not designed to remove them.

### Plastic enemy

Buying plastic bottles of water is not an answer. Not only is the plastic itself a potential health threat, but the water inside may also contain many contaminants. A study by a US research team at Orb Media found 'a single bottle can hold dozens or possibly even thousands of microscopic plastic particles'. Tests on more than 250 bottles from 11 brands reveal plastic contamination including polypropylene, nylon, and polyethylene terephthalate (PET). So what solutions are available to purify our water efficiently? Boiling water has been used for thousands of years to

clean water, but while it will eliminate bacteria, it will not remove contaminants like toxic metals, pharmaceutical residues or chemicals. Reverse osmosis is widely considered the best way to purify water, removing a wide spectrum of contaminants, including nitrates, organic compounds, odors, pesticides, dioxins, toxic metals and petrochemicals.

### Purified to protect

To detox successfully, you need the best water going. Bluewater reverse osmosis systems are designed in Sweden to remove up to 99.7% of all known contaminants, from toxic metals to bacteria and chemicals. Bluewater super-efficient purifiers, like the Bluewater Spirit (left), also remove the trace minerals that can impact taste. That is why Bluewater delivers a unique remineralization process to add pristine minerals to help keep the toxins out of your body.





### Hitting a healthy water intake

Water is vital to your health and wellbeing. So here are three simple approaches that will help you drink enough:

- Always carry a water bottle with you. That way you can easily plan and measure your daily water intake to ensure you stay optimally hydrated.
- Keep track of your water intake. Calculate your water needs based on your body weight and make it your goal to drink what you need every day.
- Pace yourself. Ensure you drink half your planned daily intake by lunchtime and the remainder just before you go to bed.

### About Bluewater

Bluewater is a world leader innovating, manufacturing, and commercializing water purification technologies and solutions for residential, business and public use. Bluewater harnesses patented, second-generation reverse osmosis technology to remove pollutants from water, including lead, bacteria, pesticides, pharmaceutical residues, chlorine, microplastic particles and limescale.

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