



Water is the most important element of your diet!

Water makes up more than 70 percent of your body's tissues and plays a role in nearly every body function, from regulating temperature and cushioning joints to bringing oxygen to your cells and removing waste from your body. Therefore, it's vital to pay attention to what you drink.


 **Drink enough water to turn your urine light yellow**

 Drinking enough water is one of the most simple, basic, and important health steps you can take. Your urine should be a very light-colored yellow. If it is a deep yellow then you are likely not drinking enough water. If you drink the required amount of water to maintain a light yellow coloring, you can easily avoid dehydration, which can have many effects on your health.


Dehydration can cause

- * Fatigue
- * Dry skin
- * Headaches
- * Constipation


 **Drink your water at the right rate.**

 It's better to sip water all day long than to guzzle a large amount all at once. Depending on your size, your body can only process a bit more than a glass of water per hour. If you drink much more than this at one sitting, the extra water will not be used, but merely flushed down the toilet bowl. So drink water all day long, and let your thirst be your guide for when to drink.


 **Drink pure water.**

 Healthy water? I bet you thought all water was healthy! Don't be fooled!

Healthy water is water that has been properly treated to avoid contamination. Nearly all municipal water supplies have chlorine and fluoride added during water treatment, both of which are bad for your health. Europeans have known for many years that fluoride is toxic and have long since removed it from their water supplies. Be sure and obtain a filter to avoid ingesting chlorine and fluoride.

 Additionally, thousands of tons of drugs are flushed down the toilet, and many wind up in your water supply as most filtration plants aren't designed to remove them.

There are several ways to obtain healthy water in your home:

 Avoid distilled water. It will tend to drain your body of minerals.

* [Filter](#) your water

* Avoid bottled water. It's expensive and also negatively impacts the environment. Despite its hefty price tag, bottled water doesn't assure purity. About 40 percent of bottled water is just regular tap water.

✚ Store your water safely.

If you have municipal water you will also want to add a [filter](#) to your shower to remove the chlorine, as this exposure could actually be greater than exposure from drinking your water.

✚ Monitor all other fluids.

* Avoid soft drinks!