

# Self Care -Detox

## How much water should I drink each day?

Drinking enough water every day is one of the quickest and easiest ways to feel better fast.

Doing so helps every part of your body function better. It helps to flush toxins and waste products out of your body helping your digestion and preventing constipation.

Many foods have a high water content and contribute to the amount of fluid in your body, but measuring this is not reliable so it is far simpler to drink a specific amount of water daily to keep you fully hydrated.

The European Food Safety Authority recommends that women should drink about 1.6 litres of fluid and men should drink about 2.0 litres of fluid per day. (4 pints roughly)

That's about eight 200ml glasses for a woman and 10 200ml glasses for a man.

(8 x 8 oz glasses of water for women and 10 x 8oz glasses for men)

Other factors that contribute to the amount of water you need each day to keep hydrated are:

1. Climate and exercise
2. Caffeinated beverages and alcohol consumption
3. Intake of fresh fruit and vegetables
4. Health conditions and pregnancy

## Working out how much

The easiest way to tell if you are fully hydrated is to look at the colour of your urine. It should be clear or pale yellow, so pale that you can barely tell the difference to water. Conversely, if it is dark in colour, you are dehydrated.

Having hard bowel movements is also an indication - a healthy bowel movement is easily passed and soft.

Other signs are:

- Headaches
- Lack of energy
- Feeling lightheaded
- Poor concentration
- Misplaced desire for food
- Dry sticky mouth

## Calculate the amount

Another way to calculate how much fluid you need is the following:

- Weigh yourself and convert this number into lbs (pounds)

For example: 10 stones = 140lb

Halve that number - that equals 70, so take 70 fl oz of water a day.

which equals XXXXXX pints /XXXXLitres

- Use an online calculator here: <http://waterintakecalculator.com/>
- Here is what the Mayo clinic has to say: <http://www.mayoclinic.org/water/ART-20044256>



If you are still struggling to get enough water because you just don't like the taste, how about flavoring it with some fresh fruit:

Jamie Oliver is shown here with a variety of fresh fruit steeped in a jug of water.

It's a great way to consume your water quota as you know how much is in the jug, and you can be a lavish or simple as you like with your fruit additions.

Lemon slices - Orange slices - Kiwi - Cucumber - just use whatever you fancy!



You could treat yourself to a purpose built jug that will stop any pips or bit spoiling your enjoyment.

This one is available [here](#) -