

“If your thinking, you’re drinking...water!”

Category – Brain efficiency and hydration

Water is to our body, as gas is to our car, necessary to its functioning, yet we act as if we can do without it. No one would ever consider driving their car to a particular destination without the proper amount of fuel, yet we let our bodies run on empty a lot of the time!

For most people it doesn't seem easy to remember to consistently drink enough water on a daily basis. Water ensures efficient electrical and chemical actions between the brain, nervous system and sensory organs can take place. It is essential for the proper use of protein in the body and for the development of the nerve network during learning. Perhaps if enough people knew this key information, it would cause reconsideration of the value and importance of water on our daily performance in the classroom, workplace and life. We really can't afford to forget to drink up.

An interesting fact - "A salmon swimming upstream, when confronted with a waterfall, swims in circles at the base of the falling water. This helps the fish absorb the electrical charge created by the falling water and ultimately facilitates its miraculous leap up the waterfall. If electrolytes can do this for a fish, just think what they can do for your brain!"

The average daily water loss for humans through natural body processes (such as urination, respiration and perspiration) is about 2 ½ quarts or 10 glasses. Psychological or environmental stress also depletes the body of water.

Our body's cells are comprised of 65-90% water. We cannot live without water. We use it in a multitude of ways in daily life – we shower, brush our teeth, water our plants, flowers and gardens; cook with it, swim in it, relax in it. It cleanses and lubricates all of our organs, cells and tissues like a giant internal bath.

Camels can lose up to 30% of their body water and still function at their optimum level, that's why they can make long treks in the hot desert. If humans lose as little as 5%, headaches, confusion, fatigue, forgetfulness and elevated heart rate occurs. So staying hydrated is a simple strategy to combat fatigue, among the other valuable physical and mental health reasons.

We need to drink a minimum of 6 and up to 12 - 8 oz glasses of pure water each day. This number also depends on your level of physical activity, stress and diet.

If you are increasing the amount of water you consume, do this slowly to allow your body to get used to the additional intake. Your kidneys need to adjust or you will feel overloaded and be running to the washroom every few minutes!

Caffeinated beverages like coffee and tea are diuretic in nature so you will have to replace the lost water. Drink an extra two glasses of water for every cup of coffee. Herbal teas are fine and can be added to your daily intake amount. Room temperature or slightly warm water is best. When we drink with a straw we take in less air and only the water, so you will tend to drink more.

Don't try to catch up at the end of the day or drink your quota all at once, you need to sprinkle your system constantly throughout the day, similarly to how you'd water your garden with a hose, not one big bucket all at once! This will ensure the neurons in your brain continue to fire and make connections allowing for optimal performance in all aspects of your day.

Poor cognition, lack of clarity, headaches, indecision and improper digestion are just a few of the other things that can go array with being dehydrated.

The most important time to drink water is constantly throughout your day, however first thing when you rise in the morning is especially valuable. While we sleep it is as though we have gone on a mini fast. Our body has been cleaning our 100 trillion cells – water washes away all of the metabolic waste before it begins to be reabsorbed by the clean tissue. Drinking water clears away many of the toxins we may have accumulated in the previous day through breathing, eating and from stress. Hydration also supports efficient storage and retrieval of information in the brain.

One way to ensure that you get your daily intake is to **make water consumption as easy as possible.** Place a glass beside your bed at night to remind you of your first glass of the day. Keep a full glass at your desk or wherever you are sitting or working. Set the timer on your computer or I pod to continuously notify you when it is time to take another sip. Bring some with you in the car. Keep it handy. Your body and brain will love you for it and soon you'll be remembering on your own. Cheers!

To learn more about your brain and gain understanding of the simplicity of the brain's ability to grow and rewire itself for enjoyment, efficiency, achievement and health, consider joining one of our personal/professional development courses and make some new brain links for your success!

Cognitive fitness is easy and extremely beneficial to us all, no matter what your age or ability. You can choose from one of our community course, in house training or keynote or even consider in depth customization based on specific goals or functions as a wellness or performance management tool, you decide.

Jill Hewlett and Sharon Todd are co-founders of Brain Works Global Inc., licensed Brain Gym® Trainers and Cognitive Fitness Experts. Their company trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

For over a decade [Jill Hewlett](#) has been providing inspirational and educational [keynotes](#). As well, Brain Works Global provides [in house](#) and [community training](#) and personal and professional coaching services to a wide range of [organizations](#), [schools](#) and the [community](#).

For more information go to <http://www.brainworksglobal.com> or call Sharon Todd, Director of Sales and Operations 905.235.5546



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