A Su Salud

To your health

LIQUID LORE

Did you know:

- Our bodies are composed mostly of water—20 percent of our bones, 75 percent of our brain, and 80 percent of our blood
- We need liquid for every metabolic process
- Our bodies use and lose water each day

Further, water:

- Controls the body's temperature
- Cushions and lubricates the joints
- Carries nutrients to and from cells
- Softens the skin
- Aids in digestion, absorption, circulation, excretion, transporting nutrients & tissue building

But:

Drinking 8 glasses of water a day is *NOT* necessary for optimal health.

A prominent kidney specialist did extensive research on this subject and found *no* scientific evidence for the "8 x 8" rule, which says we should drink eight, eight-ounce glasses of water a day. Based on his findings, Doctor Heinz Valtin, a Dartmouth Medical School physician, concluded that the 8 x 8 rule is more of an urban myth than a scientific fact. According to the August 2002 issue of the Dartmouth Medical School Online News, Dr.Valtin believes the most likely source of this long held belief came from the 1945 recommendation of the Food and Nutrition Board of National Research Council. The Council recommended that the amount of water consumed by healthy adults should be about, "1 milliliter of water for each calorie of food" which is about the equivalent of 2.5 liters, or 64 to 80 ounces per day. The recommendation went on to say "most of this quantity is contained in prepared foods," but Dr. Valtin thinks that over time this second sentence was omitted, and the notion of needing 8, 8-ounce glasses of water a day was born. Dr. Valtin's research also showed that liquid other than water—caffienated drinks included—"can count toward the daily fluid intake in the vast majority of persons." He was careful to say that his conclusion is specific to "healthy adults in a temperate climate leading a largely sedentary existence" and that there are many circumstances when people should follow the 8x8 rule.

And:

You can drink *TOO MUCH* water.

In early March, a student at Chico State died following a hazing ritual at a fraternity house. Believe it or not, drinking too much water—not alcohol—played a major role in his death. All of the systems in our body strive to maintain equilibrium, or a balance. One such system is the blood, which needs a certain balance of water and salts. If you drink more water than your body can excrete (either through urine or sweat), then the blood ends up with too much water and not enough salt. This condition is known as "water intoxication" and the official name is *hyponatremia*. This lack of salt affects the brain, heart and muscles. Symptoms of water intoxication include mental confusion, nausea, and fatigue; coma or death can result.

Athletes, especially long distance athletes, are one group prone to getting water intoxication because they drink lots of fluids in an effort not to become dehydrated, which can also lead to problems. More and more cases of water intoxication are being reported among Ecstasy users. They are at risk of dehydration due to the effects of the drug and the intense activities, like dancing, that they often engage in while on the drug. Many users are aware of this risk so they drink lots of water to protect themselves from becoming dehydrated.

Not only that, but:

Sports drinks are recommended *ONLY* for activities lasting longer than one hour.

Unlike plain water, sports drinks contain ingredients like sugar and salts which provide energy, help the body absorb water better, replace salts that are lost through sweat, and help the

muscles recover more quickly after a heavy workout. If your exercise activity is less than one hour, water is a better choice because your body doesn't need the extra boost from sports drinks. And don't forget that sports drinks contain quite a few calories. If one of your exercise goals is to lose weight, you might want to limit the amount of sports drinks you consume.

Who knew that:

Some sports and energy drinks MAY rot your teeth faster than other colas and other sugary drinks.

The results of a small study was published in the March issue of *General Dentistry* which found that some soft drinks erode tooth enamel at a faster rate than others. The two researchers put teeth into 12 different drinks for 2 weeks—the estimated equivalent of about 13 years of exposure by an average person drinking these types of beverages. They measured the teeth at regular intervals to determine how much enamel was being eroded over the 2-week period. They found that the worst offender was KMX Energy Drink, followed by Snapple Classic Lemonade, Red Bull Energy Drink and lemon-lime Gatorade. The teeth that were immersed in Coca-Cola had the least amount of decay. The researchers believe that the main culprit may be either polybasic acids in the drinks that dissolve enamel more effectively than plain sugar, or a chemical reaction called calcium chelation, in which the calcium in the enamel of the teeth bind with one or more substances in the drinks. More research has to be done to see if the results of this study are significant.

One more thing:

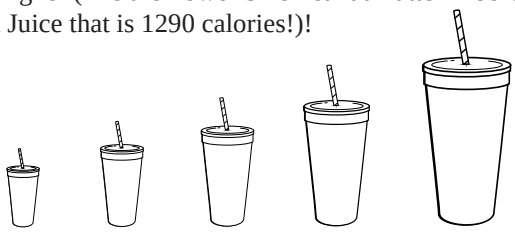
Your brain DOESN'T "register" calories from fluids as well as calories from foods.

When you eat food, your stomach sends a message from the stomach to let you know that you are full. When you consume beverages, the message from the stomach isn't as clear. This can be quite significant, especially if you drink lots of fruit juices, non-diet sodas, sports drinks, energy drinks, teas and coffee with lots of milk and sugar because most people don't eat fewer calories to counteract the calories they are drinking. To illustrate this, researchers at Purdue University had a group of volunteers eat 450 calorie's worth of jellybeans every day for 4 weeks. The next 4 weeks, the volunteers had to drink 450 calorie's worth of soda. What the researchers found was that during the jellybean phase of the experiment, the volunteers reduced their food intake by about 450 calories a day, but during the soda phase they ate the same amount of food as usual and as a result, their total daily calories was about 450 calories *more* than usual.

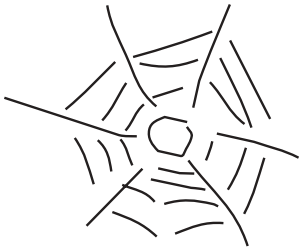
And finally:

Size *DOES* matter

A 12-ounce can of soda is about 160 calories, but the calories really add up when you go from a 12-ounce can to a 32-ounce bottle, or when you fill up your soda cup several times at a fast-food restaurant. And don't forget that smoothies are liquid, too. Most smoothies average about 300-500 calories, depending on the size and the ingredients, but some are much, much higher (like the Power Size Peanut Butter Moo'd from Jamba Juice that is 1290 calories!)!



In the
spider-web of facts,
many a truth is
strangled.



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