



Drinking Water After A Massage Is So, So Good For The Body!

“Water, The Forgotten food”

Water is everywhere in the human body, accounting for about 60% of its total weight.

Totally deprived of water, we can survive for little more than days.

Water is the main component of every cell in the body. It plays a mandatory role in digestion, absorption, circulation, and elimination. It even helps the body regulate its temperature. Water keeps the mucous membranes of the nose, mouth, throat, lungs, and other areas moist. It washes food through the digestive system from beginning to end. It carries water soluble vitamins and fiber through the bloodstream. It carries waste products away from the cells and out of the body.

We lose water constantly through perspiration, urine, sneezing and even the tears that bathe our eyes and eyelids to keep them moist. No wonder the body's water has to be replenished all the time.

A good recommendation is to drink $\frac{1}{2}$ your body's weight in ounces, eg if you weigh 150 pounds you should drink 75 ounces of H₂O a day (whether you feel thirsty or not), and even more in hot weather, maintains the level your body needs. During exercise, take regular water breaks. Alcohol and beverages that contain caffeine increase urination, decreasing the amount of water in the body.