



imc internal medicine
consultants

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ReShape MD
Redefining Access To Quality Care



THE IMPORTANCE OF WATER

It makes up about 60 percent of your body weight. Every system in your body depends on water. Water flushes toxin out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues.

Lack of water can lead to dehydration, making it hard for your body to carry out normal functions and even mild dehydration can drain your energy and make you tired.

Water is a natural appetite suppressant.

Do not underestimate the power of this statement. Lack of water can lead to over eating. Your brain does not differentiate between hunger and thirst. So, when you think you are feeling hungry, your body may in fact be signaling to you that you are thirsty!



OVER 30 DELICIOUS DRINKS TO CHOOSE FROM.

Make water part of your daily routine. And if you want to add flavor, a plan can be created just for you that uses water-flavored drinks to suppress hunger and meet your daily protein and vitamin needs.



JUST ADD WATER

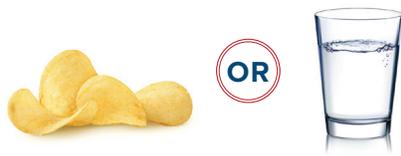
HOW MUCH WATER DO YOU NEED?

For your body to function properly, you must replenish its water. Food usually accounts for 20 percent of your total fluid intake, so if you consume a little more than 8 cups of water or other beverages a day along with your normal diet, you will typically replace the lost fluids.

One approach to water intake is the 8 x 8 rule. Drink eight 8-ounce glasses of water a day. The rule could also be stated, “drink eight 8-ounce glasses of fluid a day,” as all fluids count toward the daily total. Though the approach isn’t supported by scientific evidence, many people use this basic rule as a guideline for how much water and other fluids to drink.

If you drink enough fluid so that you rarely feel thirsty and produce 6.3 cups or more of colorless or slightly yellow urine a day, your fluid intake is probably adequate.

FEEL LIKE A SNACK?



That’s probably your body telling you that you’re thirsty. So don’t grab a snack the next time you feel hungry, instead, try a glass of water. You have nothing to lose but weight.

WHAT INFLUENCES YOUR WATER NEEDS

You may need to modify your fluid intake depending on how active you are, the climate you live in, your health status, and if you’re pregnant or breast-feeding.

If you engage in an activity that makes you sweat, you need extra water. 1.5 to 2.5 cups should suffice, but exercise lasting more than an hour requires more fluid intake.

For intense exercise, use a drink that contains sodium to replace what’s lost in sweat and reduce the chances of developing hypothermia, which can be life-threatening. Also, continue to replace your fluids after exercising.



Hot climates or humid weather can make you sweat more and require additional intake of fluid. Heated indoor-air also can cause your skin to lose moisture.

Signs of illness, such as fever, vomiting and diarrhea, cause your body to lose additional fluids. You should drink more water and you may need oral re-hydration solutions. Also, you may need increased fluids if you develop certain conditions, including bladder infections or urinary stones.

On the other hand, some conditions may impair excretion of water and even require that you limit your fluid intake. (Consult your doctor)

STAYING SAFELY HYDRATED

It’s not a good idea to use thirst alone as a guide for when to drink. By the time you become thirsty, it’s possible to already be slightly dehydrated. As you get older your body is less able to sense dehydration and send your brain signals of thirst.

To ward off dehydration, make water your beverage of choice. Consider the following:

- Hydrate before, during and after exercise
- Drink a glass of water with each meal and between each meal
- Substitute sparkling water for alcoholic drinks at social gatherings
- If you drink water from a bottle, thoroughly clean or replace the bottle often

Excessive thirst and urination can be signs of a serious medical condition. If you’re concerned, check with your doctor or a registered dietitian.

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www.ReShapeMD.com/WeightLoss

IMC and ReShapeMD are committed to helping you reach the optimum weight and size you need to enjoy life at its fullest.