

SENIOR LIVING

Quench your thirst for better health

By Emily F. Frye, MD

Do you ever suffer from feeling tired, frequent headaches, joint pain or stiffness, constipation, dry mouth, or trouble concentrating? These



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are frequent symptoms for many of us, and if you are having symptoms such as these, you should make an appointment to see your physician or medical provider to discuss them. There is one thing that you can try in the meantime to see if your symptoms improve before you go to the doctor. What is this magical cure? Drinking water!

While it is true that some people are limited in the amount of water that they can drink due to their medical conditions, most of us do not drink enough water. I have been a family physician for almost 20 years, and in that time I have learned that most

people drink less than half of the amount of water that they need on a daily basis.

Our brains are mostly water, and when we do not drink enough water we can suffer from frequent headaches, feel depressed, and have trouble concentrating. We also may feel fatigued and not have energy to do the things that we need to do and want to do.

Our joints must be bathed with joint fluid to keep moving without pain. Unfortunately, when we don't drink enough water our joints get stiff and start to ache. Our kidneys filter our blood, and we avoid constipation and absorb nutrients from food better when we are well-hydrated.

So how much water is enough water? That is a conversation for you to have with your medical provider because it depends on many things, such as your age, weight, sex, medical conditions, and medications or supplements that you take. It is safe to say, though, that no matter what the amount,

you should drink more water than anything else. That means you should drink more water than coffee. You should drink more water than tea. You should drink more water than juice or sports drinks or lemonade. Water should be the main thing that you drink.

Give it a try! Drink more water than any other beverage, and if you do not have a medical condition that limits your fluid intake, then increase the amount of water that you drink. I think you will be surprised with how good you can feel after making this change. I would love to hear from you after you start drinking more water and the positive effects it has for you.

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