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We all know that we should consume at least two to three litres of fluid each day. While this is important, we must question whether this fluid is penetrating far enough to provide nutrients to all the cells and organs throughout the body. The core issue here is hydration: the body's ability to utilise and manage water at a cellular level.

Are you stressed? Tired? Putting on weight? Suffering from heartburn, backache, high blood pressure? Drinking more water could be the solution!

We all know that water is "good" for our body, but some medical experts now believe that water – not just fluid – is essential to our health and well-being.

Dr Fereydoon Batmanghelidj – who trained at St Mary's Hospital Medical School, London – argues that dehydration is at the root of many common diseases such as asthma, high blood pressure, anginal pain, backache, diabetes, colitis and stomach ulcers. Water can also help you lose weight, lower stress levels and boost energy.

Hydration is not only about supplying the body with fluid; it is also about making sure the fluid reaches the necessary organs and cells to promote proper function. However, it is not just the domain of the elite athlete. Good hydration during the early stages of life will prevent visible ageing which occurs when the largest organ in the body (the skin) becomes

regularly dehydrated.

Hydration can be tested by pinching the skin on the back of your hand. If it springs back to its original shape, chances are your hydration is satisfactory. If a small ridge remains for a few seconds you may be lacking fluid.

A major reason for poor hydration as we get older is the gradual decline of the thirst mechanism in the brain. When we are young and get thirsty, there is no stopping us when we want a drink.

However, over time, by ignoring the signal or responding to the signal for fluid by having food or dehydrating drinks (such as coffee or alcohol), the signal will decline. For most people this will occur as early as their teenage years.

Therefore, the issue becomes not how much fluid we intake, but how well the uptake of that fluid occurs. By improving uptake, the water will reach all cells in the body and provide the twin benefits of supplying nutrients to the individual cells and flushing the cells clear of toxins which may have built up.

This is what is known as long path hydration and short path hydration.

Short path hydration means the fluid will follow a path from the mouth, to the stomach, into the small intestines, into the circulation, into the kidneys, into the bladder and out of the body. This process will

HYDRATION equation

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actually tend to stress the body, particularly the kidneys, rather than assist the hydration of tissues.

Long path hydration means the fluid will follow a path similar to the circulation, but will then flow into organs and tissues before flowing into the cells.

Recently, our company, AquaConneXions has developed specific technology that promotes this pathway of correct long path hydration. The core technology – which has

since been patented – contains homoeopathic dilutions of several herbs, combined as a concentrate. This concentrate is added to a drink to promote cellular uptake of fluid.

However, there are some other good simple techniques that, when used daily, will also assist fluid uptake. The test is a combination of apple juice and water.

Apple juice contains a lot of fructose – a key sugar which opens pathways for water to infiltrate cells. Another good vehi-

cle for hydration, which may surprise most people, is cola, diluted 1:1 with water. This is used by a lot of athletes because the caffeine, at a diluted level, will help the body uptake water.

Other soft drinks have other common sugars which, while not quite as good as fructose, will improve the uptake when diluted with water.

If the body is lacking electrolytes – for instance, after an extended period of exercise – then the plethora of sports drinks play their role. Again they are at their most effective when diluted with water.

However, it is also important to monitor electrolyte levels. Those who tend to perspire a lot may require a lot more electrolytes than someone who did the same amount of exercise but didn't perspire as much.

DR JAROSLAV BOUBLIK

Dr Jaroslav Boublík is the scientific director of AquaConneXions, a natural products research and development service



Hydration Solutions for Everyday Health

- THE BEST:** Apple juice and water plus herbal or homeopathic additions.
SECOND CHOICE: Apple juice and water.
THIRD CHOICE: Other non-citrus juices and water.
NEXT: Pure Spring water and mineral water; various soft drinks diluted with water.
FINALLY: Concentrated Sports drinks.

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OPTIMAL HYDRATION is vital for optimal health!

The Aqua Hydration Formulas are herbal and homoeopathic formulations which improve and support cellular hydration.

These days drinking water is not enough to keep you hydrated.

Hydrate today with the Aqua Hydration Formulas



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