

HYDRATION EQUATION

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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 penetration far enough to provide nutrients to all the cells and organs throughout the body.

The core issue at question here is *hydration* - the body's ability to utilise and manage water at a cellular level.

While you might consume enough fluid over the course of the day, it will only be effective if it is reaching the required targets - the tissues of the body. Personally I first discovered a problem with hydration when I was unable to keep water on board while training for a marathon. In other words, the fluids I was consuming were going *through* me and *not into* me.

The hydration of the body during sport is an area that has become more and more important over the years. Heat stroke and the need for a scientific approach to hydration made front page news in 1990 when the Sydney rugby league prop Danny Shepherd spent 10 days in a coma.

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 aging, 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 or 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 with 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. Improving uptake, the water will reach all cells in the body and provide the twin benefits of supplying nutrients and flushing the cells clear of any toxins which may have built up.

This is what is known as long path hydration and it differs from the short path hydration in several essential ways.

Short path hydration means the fluid will follow a path from the mouth, to the stomach, into small intestines, into the circulation, into the kidneys, into the bladder and out of the body. This process will actually tend to stress the body, particularly the kidneys rather than assist the hydration of the tissues.

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

Recently our company, AquaConneXions Pty Ltd, developed specific technology that promotes this pathway of correct long path hydration. The core technology, which contains homeopathic 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 best 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. However while these approaches will assist in meeting immediate hydration needs it will not upgrade hydration in the same way that herbal or homeopathic formulas can.

If the body is lacking in electrolytes, for instance after an extended period of exercise, then sports drinks can play a 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 doesn't.

Dr Jaroslav Boublik 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 *The Aqua Hydration Formulas*.
- Second choice:** Apple juice and water.
- Third choice:** Other non-citric juices and water
- Next:** Pure Spring water and mineral water, various soft drinks diluted with water.
- Finally:** Concentrated Sports drinks

Optimal Hydration is vital for *Optimal Health*.

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

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

Hydrate today with the **Aqua Hydration Formulas**.

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