

~ Water Facts ~

It is important to drink a lot of water after a massage. Massage helps to push toxins out of your muscles and into your lymphatic system to be removed as waste; drinking water after a massage aids in the flushing of the lymph system and the removal of these toxins. Remember it is essential to drink adequate amounts of water at all times, not just after a massage.

Consider these other important water facts:

- The human body is made up of about 66% water.
- 75% of the human brain is water; 83% of the blood is composed of water; bones are made of 25% water; 70% of your skin is water and 70% of your lean muscle tissue is water.
- Water plays many roles in the human body – it acts as a solvent, carries nutrients and oxygen to cells, aids in temperature regulation, provides lubrication and shock protection for joints, participates in chemical reactions, protects organs and tissues, and removes waste.
- The body's thirst signal is an indication that it is already dehydrated.
- Mild dehydration (<5% loss of body weight) can account for lack of energy, weakness, muscle soreness, rapid pulse and rough, dry skin. Water losses of 9-12% total body weight can be fatal.
- With strenuous exercise the body can lose 2 quarts of water per hour. If fluids are not replaced, the body's cells will lose water, which will lead to dehydration and overheating.
- An average adult needs to drink a minimum of 64 ounces of water per day. Coffee, soda pop and alcohol are dehydrators. For every glass of these beverages that you drink, you need to drink an extra glass of water to compensate.
- You can survive a month without food, but only 5-7 days without water.



Are you drinking enough water?