

Dear Maria

Water is good for me but I don't like water so why should I drink it?

Water is not only good for you but it is essential to you. If water is denied for several days, death can occur so you see it is very important. Water is not just H₂O.

Our bodies are made up mainly of water, in fact two-thirds of the body consists of water. This makes water our most important nutrient. Our muscles are 75 per cent water. Someone once said that the body is a hairy bag containing a salty soup, the soup being all the nutrients that swim around in the salty mix.

Our bodies work very hard to keep us healthy and daily lose about one and a half litres of water. We lose water through our lungs, every outgoing breath contains water, our gut and stomach makes copious amounts of digestive juices. Our skin regulates our body temperature and produces sweat to cool the skin, and we lose water through our kidneys as urine. This may seem a huge waste of water seeing that water is so essential to the body but this ensures that there is a major route for toxic substances to be excreted from the body.

You may not enjoy drinking plain water, but don't despair. Plain, clear water is very good for you because it assists in cleansing your body, but drinking fruit and vegetable juices; herb and fruit teas are all acceptable and go to make up the required daily body amount. Eating juicy fruit and vegetables and clear soups also add to the liquid intake. Be aware if drinking tea, coffee and alcohol as these are known diuretics so a good rule of thumb is to take a glass of water after drinking any one of these

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