



## WATER!!!

### The Binder for all Macros

Water is non-negotiable. It is the most important ingredient when eating correctly and trying to get our bodies to give us the results and look we want as well as the energy and performance levels we desperately need in our busy, active lives.

The human body is between 55-60% water by composition. The 3 biggest benefits of water that we need to understand as active adults are:

- Water is the delivery system or transportation used by the digestive system to deliver nutrients to the cells and muscles.
- Water increases our weight loss capacity
- Water keeps us feeling full or satiated

Focusing on water as a transport system we have to notice that certain vitamins are only water soluble and others are ONLY fat soluble. This means not only you need enough water but never neglect FAT in your diet if you are trying to lose weight. REMEMBER: we focus on the right macronutrients so we don't have to worry about the micronutrients which includes vitamins. Vitamins such as C, B, B1, B2, B3, B5, B6, B7, B9, B12, and A. If you don't get enough water you can't get these essential vitamins to your cells even if you are getting them in your food.

The other focus on transport is that water delivering these to your cells helps prevent muscle soreness and tendon/muscle rigidity. Our muscles recover faster when given the amount of nutrients, but their physical state is crucial as well. Muscles are meant to be pliable, soft, and hydrated. Not getting enough water not only hinders recovery but it also "hardens" them as well as prevents them from sliding across adjacent muscles or soft tissue causing them to "stick" together. This "sticking" can cause joint pain. Dehydrated muscles also develop "knots" in them and when they are too firm, "sticky," and have "knots" in them they will tear.

Secondly, water helps boost the metabolism but most importantly it cleanses your body of waste. As you exercise and/or as your cells use energy (i.e. food) by-products are created within the blood and tissue that are full of free radicals, acids, and other chemicals that can cause all types of concerns in recover, soreness, and energy levels. Imagine your car's fuel tank burning gas but the exhaust is then re-used to mix with the gasoline rather than oxygen. Your engine will suffer and breakdown. Water is your body's cleaner and therefore more of it means removing things we don't want in the body so the good nutrients can be utilized. Drinking more water also helps you lose the water weight. Too often people feel "puffy" and think that the extra water is causing them to hold more water when in fact the opposite occurs. Just like we need to eat good fats to lose fat, so with water we drink more to feel leaner.



Lastly, as water helps your appetite it will literally curb those hunger pains and craving. Often when we feel hungry not long after we've eaten one cure is that we simply just haven't been drinking enough water.

So how do we utilize all this? Follow these simple rules and get the most out of water.

1. Drink a glass of water immediately upon waking up in the morning (or when you go to bed for the day). This is like priming the pump.
2. Drink water prior to eating any meals. Typically, around 20 mins prior to eating a meal we want to drink a glass of water and drink water with our meal.
3. Adding flavor is a must for most people. Add lemon or lime juice. No oranges, cucumbers, kiwi, or anything else.
4. Drinking it COLD. Cold water must be heated and in order for your body to warm it up it must burn calories like a water heater does to get it to the right level.
5. Drink minimum 3 liters or 100 oz per day but should be closer to 4 liters. From there determine if you feel you need more based on signals your body sends.
6. Stop drinking all sodas and juices!!! No extra calories. Sodas, besides all the reasons of artificial sweeteners and sugar, they make you lose more fluids rather than replace. All caffeinated drinks make you have to urinate sooner and more frequently, therefore forcing you to lose more fluids. They don't dehydrate you but just make you lose water faster. Also, you typically won't sweat out water found in sodas, energy drinks, coffee, tea, or even juices. You'll sweat out the water but lose the others through the bathroom.
7. The visual test. The color of your urine is the story of if you're getting enough water. It should be clear or with a very slight yellow tint. Anything darker and the story will unfold that you are not properly hydrated.