



Are You Drinking Half your Body Weight in Water?

Water accounts for approximately 70 percent of an adult's body weight. While we get a lot of water from the foods that we eat, it is important to drink plenty of water to replenish any that gets used throughout the day.

Adults should try to drink half of their body weight in ounces of water per day. This means that a 160 lb. man should try to drink 80 oz. of water per day. This number increases if you live in a warm or dry climate.

Step 1

Weigh yourself to determine your precise weight.

Step 2

Divide your weight in pounds by half.

Step 3

Convert this number to ounces. This is the amount of water you should try to drink each day. For instance, a 160 lb. man should attempt to drink 80 oz. of water per day.

Step 4

Fill a glass, water bottle or any other receptacle from which you frequently drink with water. Pour the water into your measuring cup to see how much water your receptacle holds.

Easy Ways to Drink Enough Water Each Day

1. Drink a glass of water each hour. An easy way to accomplish drinking half of your weight in ounces of water each day is to drink an 8- or a 10-ounce glass each hour on the hour. When

first starting out, you may even want to set a timer as a reminder. In this way, you create a habit of drinking water on a regular basis, and soon it will be second nature.

2. Add lemon water. For those who do not like the taste of water, adding fresh lemon or lime juice to each glass can make it more appealing with a refreshing taste. Do not use the lemon concentrate--it must be fresh lemon juice, preferably from organic lemons. Slice up a lemon at the beginning of the day and squeeze each slice into your glass or container of water.
3. Drink water before and after meals. Some people like washing down their food with water or taking sips of water during a meal. This keeps the body from digesting food properly, since the necessary digestive enzymes can be washed away or diluted. It is much better to drink water before eating a meal, preferably 30 minutes before and one to two hours after. Remember to keep track of your water intake for the day when working around meals.
4. Drink the first glass of water warm. Edgar Cayce (1877-1945), called the "father of holistic medicine" by the Journal of the American Medical Association, suggested drinking the first glass of the day warm in order to flush out the body.
5. Drink your water at room temperature. Many prefer drinking ice-cold water, but this can be shocking to the system. Drinking water warm or at room temperature makes it easier for the body to use and process it. It also makes it easier to drink all of the ounces of water for your body throughout the day.
6. Pour yourself water in the same 8- or 10-ounce glasses to make it easier to keep track of. You want to make sure you are getting all of the required ounces of water each day. This means, of course, you will be urinating more frequently at first. This is normal.
7. Carry Your water in safe, reusable bottles. If you are carrying around a water bottle, make sure it is eco-friendly. An eco-friendly, reusable bottle would be a plus. Some health food stores sell eco-friendly bottles, meaning they are non-toxic and made of materials that are safe for you and the environment. *The regular plastic water bottles one can purchase and even the plastic bottles originally containing water can be toxic.* They leach chemicals into the water every time they are reused. As more companies become "green", you will see safe reusable water bottles appearing in greater quantities.

You will find that drinking half of your weight in ounces of water each day is easy, refreshing and very enjoyable.