

[Zack Bush MD-HydrationSeries.pdf](#)

[The connection between water & stress: Dehydration and anxiety](#)

Lack of water in the brain also changes how you respond to **STRESS**. How does that work? Well, we have this hormone in our bodies called **cortisol**, which is well known as a stress hormone. Even a little bit of dehydration can cause cortisol levels in the body to increase and lead to **STRESS**.

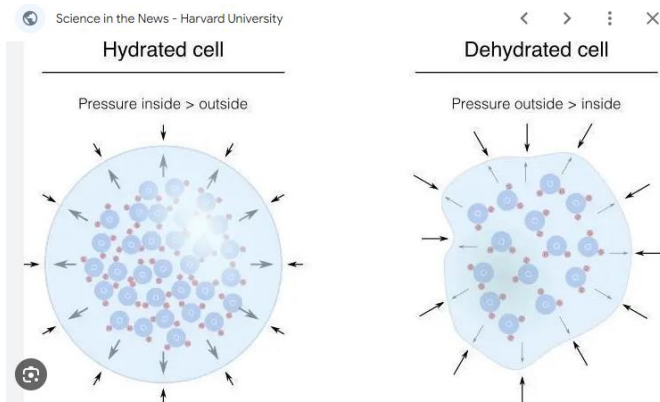
Water has been shown to have **natural calming properties**, likely as a result of addressing dehydration's effects on the body and brain. Drinking enough water is an important step in managing your anxiety.

[Biological Roles of Water: Why is water necessary for life?](#)

Water helps **improve the circulation of oxygen** throughout the body. It also plays a crucial role in the **digestion of food**. Water is a very important component of **saliva, which helps break down food**. The **excretion of waste** in the human body requires water.

[What is the role of water or biological importance of water?](#)

On a biological level, water's role as a solvent **helps cells transport and use** substances like **oxygen or nutrients**. Water-based solutions like blood **help carry molecules** to the necessary locations. Sep 26, 2019



[Water as the often neglected medium at the interface between materials and biology](#)

The polar nature of water enables crucial cellular functions such as [cell membrane formation](#), support of the three-dimensional shape of the [DNA double helix](#), and it has an important role in the tertiary structure of proteins—specifically, [water enables hydrophobic interactions](#), which are crucial to protein folding and aggregation. Water has the **ability to ionize** both itself and other molecules. Due to its high heat capacity, water protects against the effects of **temperature fluctuation**.



[What minerals are in spring water?](#)

High-quality spring water is rich in magnesium, potassium, calcium, sodium, and other trace minerals. It is naturally more alkaline than tap water, which can create an environment in the human body less vulnerable to disease proliferation.

[Can you drink demineralized water?](#)

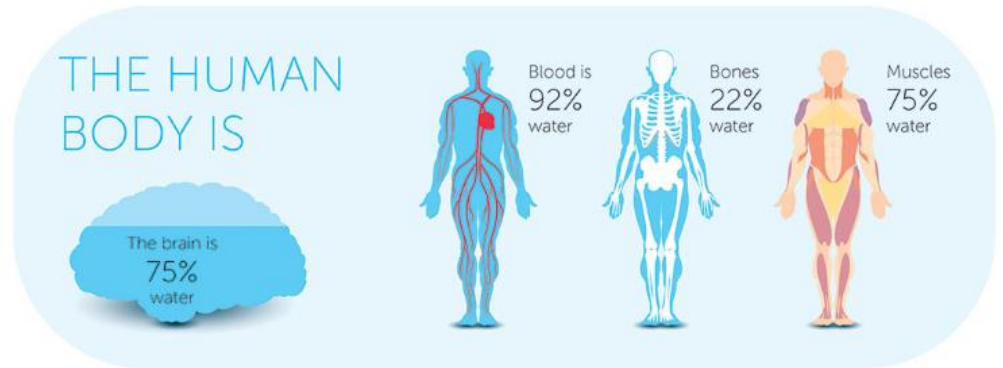
Demineralised water is water completely free (or almost) of dissolved minerals as a result of one of the following processes: distillation. deionization. membrane filtration (reverse osmosis or nanofiltration). It's not recommended to drink demineralized water, as health experts have reported that drinking extremely pure water can increase the risk of developing multiple mineral deficiencies.



The average adult loses about 10 cups of water every day, simply by breathing, sweating, urinating and eliminating waste.

Why is dehydration making you fat and sick?

Dehydration can **throw off our body's natural rhythms**, which directly impact how our hormones are able to function. If our hormones are not able to function properly, **weight gain, among other symptoms**, can occur as a result.



Why Dehydration is Making You Fat and Sick

Fatigue
Water is most vital source of energy in the body. Dehydration causes the enzymatic activity in the body to slow down, resulting in tiredness and fatigue

Asthma and Allergies
When dehydrated, your body will restrict airways as a means to conserve water. In fact the rate of histamine produce by the body increases exponentially as the body loses more and more water

High Cholesterol
When the body is dehydrated, it will produced more cholesterol to prevent water loss from the cells.

Bladder or kidney Problems
With a dehydrated body. The accumulation of toxins and acid waste creates an environment where bacteria thrive. resulting in the bladder and kidney to be more prone to infection inflammation and pain

Weight Gain
When dehydrated, cells are depleted of energy which causes them to rely. As a result people tend to eat more when, in reality, the body is thirsty.

High blood pressure
The Blood is normally about 92% water the body is fully hydrated. When dehydrated, blood becomes thicker causing resistance to blood flow and resulting in elevated blood pressure

Skin disorders
Dehydration impairs the elimination of toxins through the skin and makes it more vulnerable to all types of skin disorders, including dermatitis and psoriasis as well as premature wrinkling and discoloration

Digestive Disorders
A storage of water and alkaline minerals, such as calcium and magnesium, can lead to a number of digestive disorders including ulcers, gastritis and acid reflux

Constipation
When short of water, the colon is one of the primary regions the body draws water from in order to provide fluids for other critical body functions. Without adequate water waste moves through the large intestines much more slowly or sometime not all, resulting in constipation