

# HUNGER AND HABITS

Take the pee test



## Free and essential to life

- ◆ What helps lubricate joints and tone up muscles?
- ◆ What helps eliminate waste and toxins from our bodies?
- ◆ What is free and essential to life?



It's water of course!

### What's so important about water?

**More than half of our body weight** is made up of water and some **85% of our brain** is made up of water!

Water really does make our world go round. It's what helps our blood to flow around our bodies, it helps us lubricate our joints and tone muscles as well as eliminate waste and toxins from our bodies.

Without water we go downhill very quickly and die within days.

**Top of the list of changes that we are asking you to make this week is to ...**

**Take the pee test and drink enough water to keep well hydrated.**

### How'd You Know If You're Drinking Enough Water?

Check out the colour of your pee when you go to the loo. For most of us, it should be almost clear - a light straw colour. Generally speaking the darker the colour the more dehydrated you are.

**N.B.** if you're on antibiotics or vitamin supplements this may affect the colour of your pee.

## How much is enough water? Take the pee test.....

The standard advice is to drink 8 glasses of water a day but the 'pee test' is actually a better guide than drinking a set amount of water. Check out the colour of your pee when you get up in the morning.

How much water you need to drink depends a lot on your lifestyle, the kind of foods that you eat and what else you drink.

Try taking a glass of water with a meal.

Think you're hungry? Try a glass of water first.

If you still feel hungry shortly afterwards then you are hungry so go ahead and enjoy some food.

### Special points of interest:

- Fresh fruit and vegetables have a high water content
- Many processed foods have little water and plenty salt so increase your chances of being dehydrated
- If you feel tired a lot of the time and generally lack energy, the chances are you are dehydrated

### Special points of interest:

- Having a glass of water first thing in the morning gets you off to a good start
- Be aware that teas and coffees are diuretics. They irritate the bladder making you pee more often.
- It's also possible to drink too much water we rarely need more than 8 glasses a day.....