

Health and Water's relationship



Have you considered why so few of us have perfect skins and why this is so?

Some suggestions are that it is to do with pollution around us, stress, the toxins in the food we eat or the water we drink, the chemicals we use at home and at work or the air we breathe. One study shows that more than 80% of people in the West are dehydrated; in other words they are not drinking enough water. This is something we see at our Clinic.

What are the symptoms of dehydration?

Some people get dry lips, dry or irritated skin,

warming, the bolus is applied all over the body to rejuvenate, nourish and strengthen sore muscles.

Therapists will benefit from integrating Ayurvedic massage techniques into their bodywork because the treatments are traditional and unique and can be used to administer everything from back pain to nerve disorders. The treatments are holistic - the therapist can work on the marma points where mind, body and senses meet. And contrary to popular belief, the massage is also separate from any eastern religion or mysticism. Why wait to experience the benefits? **TT**

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constipation, pain in the joints, headaches, heart problems or kidney stones. Internally it could also damage your immune system, your cells' ability to regenerate and repair, your digestion, your energy production, your thought patterns and even the control of your appetite. In my case it came as a shock to me when at the age of 35 I discovered I had kidney stones and had to have an emergency operation to remove them, as the pain was unbearable. It marked a turning point in my life. It started my research, knowledge and qualifications in alternative therapies to promote good health and wellbeing. I had been trained in Allopathic Pharmacy and Western medicine and to all intents and purposes I thought I was a fit person.

I was eating reasonably well, keeping away from fried or fast food, played squash once a week and my weight was good for my age and build. Neither my doctor nor my consultant suggested that the cause of the kidney stones could have been due to lack of water. They were more concerned, and understandably, to remove the pain I was experiencing. And this is just the point we are missing. Looking after your health and by definition your skin is looking after yourself holistically - it should not be a fire-fighting mechanism that one adopts only when symptoms are discovered.

But how do you know you are dehydrated?

Feeling hungry and tired between meals is sometimes the body's cry for water. By not giving water you can end up eating too much or eating unhealthy snacks. These of course don't

help if you are trying to keep your weight down, or for the toxin overload. Looking and feeling your skin to see if it is dry is another symptom. At our Clinic we use a BMI measuring device which works out your fat content and estimates the water you are retaining in your body and whether this is within an acceptable range or not, taking into account your weight, age, height and amount of exercise that you do.

If you are not drinking enough water your cells cannot rebuild or remove toxins from the cells. Consequently by not receiving enough water cells are deprived of oxygen or nutrients and cleansing cannot be done properly. The deeper layers of the skin need water for a healthy complexion. The outside of the skin does not store much water although some is required to keep the skin moist. The environment however constantly attacks this moisture.

Can drinking water cause water retention and hence a "puffy" look, clients sometimes ask? The answer is no. On the contrary, research shows that drinking water helps water retention. It should be noted that sometimes food intolerances, eating too many "sugary" foods and kidney problems can cause water retention.

How much water does one need daily? Our bodies are composed of 60% water and this is the major ingredient in blood, cells, muscles and bones. So typically for an average 65kg man he will carry 40 litres of water. On average a man would need not less than 2 litres of water daily and women not less than 1.5 litres daily.

How do I drink so much daily? The best way I have found that works for me is drinking from a one-pint glass. It is so much easier drinking four of these glasses than ten 200ml typical size glasses. Clients sometimes say "But I am eating a lot of fruit and vegetables - do I still need to drink so much water?" The answer is invariably yes. Statistically, people may be getting half of their daily water content from fruits and vegetables but how many cups of tea, coffee or alcohol are they drinking too? Tea and coffee contain natural chemicals, including caffeine. This not only has a dehydrating effect on the body, it also plays an adverse part in digestion as well as in detoxification. Pure herbal drinks made of leaves or flowers of plants such as camomile or dandelion are helpful.

Does the quality of water matter? Yes. Water supplies are usually contaminated with chemicals and metals. These can affect certain processes in the body and pollute it. Drinking mineral water or filtered water is a better alternative. **TT**

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