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How Much Water Should I Drink? by Alignwc

Article published on July 13th 2012 | Health

This is another one of the most frequent questions I get asked. The usual answers I received are 6-8oz cups, or as much as I can or want, or a glass a day.

Currently, the best way to figure how much water you should drink is to take your body weight in pounds and divide it in half. This is how many fluid ounces you should drink. Weight in Pounds/2= Fluid Ounces of water you should drink a day.

Now that probably sounds pretty easy, however with this calculation water means water. Not soda, coffee, tea, decaffeinated tea, flavored water, power aid, or any other drink. It means water. For each of the cups, bottles or other drinks you have, you must add that amount of water to your total. If you exercise, you must also add additional water.

Why do we need so much water?? We are made up of about 75% water. Not coffee, soda, or fruit drink. All of those products take energy, effort and put a stress on your body to break down into water. These stresses vary based on the beverage.

Does the amount of water needed seem like a lot? If you're not drinking any water or that seems like a lot to add in, don't start drinking it all. Start by adding 8 fluid ounces a day to the amount you currently drink. Then add 8 more fluid ounces a day the next week. Continue this process till your drinking the required amount.If you are on any kind of medication please speak with the prescribing doctor before starting a water increase program.

Article Source:
http://www.articleside.com/health-articles/how-much-water-should-i-drink.htm - Article Side

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If you have any questions, please e-mail us, at info@alignwc.com. As a Chicago-area Chiropractor we provide pain management, rehabilitation, injury prevention, and wellness programs for Chicago and the northern suburbs of Chicago including Northbrook, Deerfield, a Glencoe Chiropractor , Glencoe, and Glenview as part of a chiropractic wellness program. To learn more about the office visit http://www.alignwc.com.

Article Keywords:
Glenco Chiropractor, Glenco Chiropractic, Wheeling Chiropractor

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