



## When to drink water

*I want to apologize to my readers for the absence of your Wellness Tips Ezine over the last few months. I started school last September with the goal of becoming a Doctor of Osteopathy, Manual Practice, and between my studies and my business I was not able to find the needed time to send out the newsletters.*

*To the many of you that emailed me asking me what happened, I thank you for your concern and good wishes. I so appreciated hearing from you, and learning that you missed the newsletters. I am hopeful that I will be more consistent in sending them out for the next few months, but once September and year 2 of school hits I can't make any promises. Thank you for your ongoing support. I am very grateful.*

In the past we have discussed why it is important to consume adequate water, how much to drink each day, and how to improve the quality of the water we drink, but we haven't yet discussed *when* to drink water, and why this matters.

Drink a big glass of room-temperature water about half-an-hour before meals, and wait an hour or 2 after a meal before drinking more water. The time to drink water is between meals, not with meals.

The reason for this is we do not want to dilute our stomach acid and other digestive juices while they are doing their very important job of breaking down our food and killing any bacteria, viruses or other bugs that might have come into our stomach with our food.

Water is best at room temperature rather than ice cold, as our bodies have to warm up cold water before it can be used. As Paul Chek suggests in his book How to Eat, Move and Be Healthy!, you can do an experiment to see the truth of this.

If you drink a large amount of cold water, and then jiggle your belly around, you will hear and feel the water sloshing around, whereas if you drink a large amount of room temperature water it is immediately assimilated into the body and you won't get that sloshing sound. Hot water in the form of herbal (non-caffeinated) teas are fine.

If you have digestive problems, try adding a capful of apple cidre vinegar to your pre-meal water. If you find this helps your digestion, it is a clue your body is low in stomach acid.

Remember that caffeinated beverages and alcohol do not count as water as they are dehydrating. Quality milk, bone broths and fresh-squeezed juice may be healthy, but they won't rehydrate you as well as water does.

I personally find that I get a headache when I overdo caffeinated beverages and am dehydrated, so when I get that feeling at the base of my skull where my headaches frequently start, I drink lots of water, and usually the headache does not come on.

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### WHY THE FOOD GUIDES ARE WRONG

Want to start getting ready for spring beach season? Eat healthier - Find out how obvious good nutrition really is, and in two hours you will understand what to do.

You can implement the changes you need to make at your own pace. No magic pills, no fad diets, no calorie-counting. Just eat properly and as you become healthier the weight will slowly come off.

Learn some easy rules that you can apply right away to know whether or not a particular food is healthy to eat.

"Hi, Vreni. I loved the course and would not change it one bit. I found it very easy to follow and I learned a lot!!! I found the price just right. You covered a lot in a short time." Neyleen K.

"I was going to email you to tell you how much I enjoyed the course, but you're just too fast for me. You've done a great job of making the information clear yet concise and easy to follow. And I'm so glad you're telling people one size does not fit all. I like that you've included the rules as a separate document." Rebecca V.

"Why the Food Guides are Wrong: How to find health and lose weight" is available for the price of \$49 USD, after you create an account.