

Proven Health, Fitness and Longevity Solutions for the Body and Mind – Part 3

How do you know when you've had "enough" water? When your urine is clear enough to read through. The purpose of urine is to get rid of waste, like nitrogen, proteins, etc. When the urine is clear, that means you've had enough fluid for that day to wash it all out of your system. When it's not clear, it means that urine is a bit too "concentrated" and you'll need more water to "dilute" it. Remember, water does more than just flush waste out of your system. It allows chemical reactions in your body, gives nutrients to all your cells and gives your body energy. Dehydration is one major reason people feel sluggish all the time. The more water you drink, the more salt your body needs to help absorb the water, or else you're running to the bathroom all the time. But don't add in regular table salt - that will just bloat you. What you want is sea salt - something like Celtic Sea Salt or Himalayan Sea Salt is best. The amount of water you drink is also dependant on your body weight, amount of food you eat, types of food, if you exercised that day, etc. A very general rule of thumb is to have half your body weight in ounces. So, if you're a 150 lbs person, 75 oz. of daily purified water is good. And remember coffee, juice, tea and soda's do not count. They actually require you to drink even more water, due to the acid content and caffeine.

Which of the following is most important to determine if you're aging well? Your blood pressure (having hypertension). While many people worry about their weight and cholesterol levels (both contributing to accelerated aging), your blood pressure is actually the most important measure of your health - directly and indirectly. Now, allow me to give you a simple analogy so you can better understand this. When there is a hole in your wall, you would use plaster to fix it and cover it up, correct? Similar thing in the body... When one of your arteries has a hole, your body quickly uses cholesterol to repair it, "fill in the hole" and cover it up. Follow me so far? But the question is, what caused the hole in the arteries to begin with? The answer is, high blood pressure (also known as Hypertension)! Basically, when you're unhealthy, your arteries start to decay (unhealthy foods and high insulin levels are big reasons) and become thin in certain spots. Eventually, high blood pressure adds excess stress to the heart and just "blows a hole" in the decaying arteries. So, try to keep your blood pressure at optimal levels, around 120 over 80. Now, did you know that elevated blood pressure can take as much as 10 years off your life! So, reduce your stress, eat healthy, lower your caffeine and table salt intake, and make sure you get exercise - 60 minutes a week is all that's needed to make a big difference (that's not much to ask, is it?)

About the Author

For nearly two decades, Dr. Sam Robbins has been passionate about the human body and mind. He believes that a person's mental outlook plays a very important role in their overall health and well-being. His areas of expertise include nutrition, exercise physiology, natural hormone re-balancing of the body and what he refers to as "real world" medical knowledge. He has dramatically changed client's health and mental well-being, allowing them to look and feel years younger. Find out how at <http://www.hfisolutions.com>.

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