

Hydration is key for your physical and mental wellbeing and a key element in maintaining a healthy immune system. Water makes up two thirds of our body.

It is vital we drink enough fluid to maintain a healthy balance and ensure that nutrients can reach their destination through our blood stream. As most of us are out of our normal routines during this Pandemic, it is important to remember to properly hydrate.

Our immune system is highly dependent on the nutrients in our blood stream, and our blood stream is made mostly of water! If we don't have enough water, we cannot properly transport nutrients to each organ system. So, staying well hydrated is very important for detoxification pathways, increasing lymphatic drainage and making sure we are clearing out any foreign invaders and other waste materials.

Dehydration can contribute to the following:

- muscle tension (muscle fibres become more brittle when they are dehydrated which makes them more vulnerable to external stress factors and microtrauma which can involve bleeding, swelling and the onset of secondary muscle tension in the surrounding tissues and then in turn scar tissue. As this builds up over time, adhesions can form and the elasticity of the muscle can be affected).
- headaches
- low serotonin production
- digestive issues and because 80% of the Immune System is in our gut, dehydration can really impact on the effective working of the immune system and the ability of the body to fight against invaders/pathogens.

In summary, drinking regularly and the required amounts helps to:

- Flush toxins from your body
- Regulate body temperature
- Improve cognitive function
- Deliver nutrients to cells
- Keep joints lubricated
- Maintain healthy organ function
- Prevent dehydration which is particularly important when you are ill
- Sip fluids regularly when you have a cold/flu