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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Fueling Up On Water**

**By MalaMaal.com**

Fueling Up On Water

It's our body's vital fuel, a health drink from mother nature. It's calorie-free, inexpensive and easily obtained. Yet few people follow the old fashioned advice to drink eight glasses of water a day.

Most people drink when they are thirsty, but the beverage of choice tends to be some other drink besides water. Americans drink two or three glasses of plain water a day, according to a U.S. Department of Agriculture survey conducted in the late 1970. Based on an analysis of all fluid intake by adults, it is said to total about two quarts of water a day, and this includes water from foods and from other beverages. It's not usually necessary to actually swallow two quarts of plain water every day. However, people with special problems such as kidney conditions might be exceptions.

Americans drink eight gallons of bottled water a year, roughly two ounces or a quarter-cup a day, according to the International Bottled Water Association. Californians drink three times the national average of bottled water, downing 24 gallons a year, or nearly a cup a day. Climate and seasons of the year play a role in one's thirst also, and just as we tend to perspire more in the summer months, we also tend to drink more water.

Boosting intake of plain water makes good sense, many experts concur, because water eases digestion and regulates body temperature.

Water also bathes the cells and accounts for about 60 percent of body weight. And it can help us exercise longer and more efficiently. Drinking water can ward off constipation and maybe even crankiness. An since it's a natural appetite suppressant, water can help us lose weight and keep it off. It can help keep skin healthy, although it won't necessarily banish acne.

Who should drink water? We all should, but pregnant women, nursing mothers and athletes should be especially careful to drink a sufficient amount. When it is hot or humid, upping water intake is also wise. There are certain workers who seem to have a more difficult time developing the water-drinking habit. Among those who don't normally drink enough water are teachers, airline attendants and nurses.

## Fueling Up On Water

Drinking fluids, particularly, water, during exercise reduces cardiovascular stress and improves performance. After a strenuous workout, you have to replace the fluids you have lost. Otherwise, you will suffer chronic dehydration. Drink water before, during and after exercising, and remember that water reduces body temperature thus making the whole exercise process safer.

Water can be especially helpful for people with a history of kidney stones because it dissolves calcium in the urine, reducing the risk of stone formation. Among physicians, urologists are probably most likely to extol the virtues of water, And it has been documented that drinking water mostly before 6 P.M. can reduce the likelihood of nocturnal bathroom visits.

It is interesting to note also that water helps prevent urinary tract infections, both for men and for women. Too busy to count how many glasses a day you drink? There are other ways to calculate if

your intake is sufficient. Dark-colored urine often suggest you aren't drinking enough water. Get into the habit by starting with a glass of water with every meal, then work in a cup between meals.

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**Boating Safely**

**By Kadence Buchanan**

People who take boat trips often fail to realize the potential disasters that can ensue if they are not careful and safe on-board their boat. Over 1,000 people die on boating trips per year, and many of the dangers associated with boating are easily preventable. In this article, we'll give some tips to help you to avoid the potential pitfalls that one may wake while operating a boat.

– When it comes to fueling up your boat, be sure to turn off all electricity and do NOT smoke. Keep everybody except the person doing the fueling off of the boat until the process is completed, and be sure that all fittings are tightly secured when you are finished. Also, be sure not to fill your tank past its capacity.

– If your boat has capsized, it's important to follow procedures to ensure the safety of all aboard. Remain calm, and ensure that everybody sticks together. Whenever possible, remain as close to the boat as you can, unless there is an inherent danger close by.

– Always be wary of alcohol consumption whilst on board. 9 out of 10 boating deaths are due to drowning and you are much more likely to fall out of the boat whilst intoxicated. Consequently, while under the influence, the body cannot efficiently warm itself as much as when you are sober. Also, intoxication can result in disorientation when under water, and you may not be able to determine which direction the surface is.

– If a fire takes place on board, the first thing that you need to do is stop moving the boat. The wind can whip the fire into a bigger problem than it already is. Turn off your electricity after radioing for help. If the fire is caused by wood, fabric, or another dry source, pour water on it. Oil and grease fires can be extinguished with an on-board fire extinguisher, and you should aim for the base of the fire while extinguishing.

– As silly as it may sound, many men drown in boating accidents due to the need to relieve themselves. They may lean off the side of the boat, hit a wave, and fall in. To alleviate this concern, it's best to keep a jug on the boat which you can empty and wash in the water when you're done. It can greatly decrease your risk of drowning while on-board.

Now that you know some of the basic methods for keeping yourself safe while out on the water, you can better protect yourself and your family. Be sure to follow all of the guidelines listed above, and you'll be much more confident in your boating safety.

Kadence Buchanan writes articles for

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