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How Much Water Should You Drink Per Day?

By Marc David

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by: **Marc David**

I'm always amazed at how many people seem to know the answer to this question yet in practice they fail. Everybody I've talked to seems to know that 8-12 glasses of water a day is the recommended standard. But if I ask them how many glasses of water have you consumed today? The answer is usually none. Or the other standard answer at a corporate environment "does coffee count?"

While 8-12 glasses of water is great for the average sedentary person, many of us are fitness conscious or on the pursuit of some type of bodybuilding physique. With that in mind, I think the new standard for us should be 1-2 gallons of water a day.

As a bodybuilder, you are putting much more nutrients, food, supplements, and other stuff into your body. What your body does not use, it must rid itself of by any means necessary. Usually it does this via water. So drinking plenty of water becomes a necessity. Increasing protein puts a strain on your body and drinking lots of water can keep things "moving." Creatine monohydrate supplementation requires a lot of water. Creatine is all about cell volumization. Making sure your cells are completely hydrated helps with the volumization process. NO₂, a hemodilator, requires water. Many other supplements require water as a transport and a flushing method.

The side effects of drinking too little water are an excess buildup of certain chemicals. Creatine can leave behind some buildup that overtime, becomes a bit hard to pass. Putting such a strain on the body is also self-defeating. But don't get me wrong, it's not just about Creatine and NO₂. It's about making sure you are hydrated.

Being properly hydrated has it's benefits other then just the flushing methods and cell volumization discussed above. Your state of alertness is affected by your hydration levels. Performance in the gym by a hydrated body is enhanced. Your body is roughly 70% water. It makes sense to hydrate it. Drinking water is not just for hot days. It's for intense workouts in the gym. In fact, being hydrated has that perpetual pump that is so sought after.

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There can be too much of a good thing. Drinking water to excess leads to water intoxication, referred to as hyponatremia. As you consume water, blood plasma increases and dilutes the salt content of the blood. While this is happening, you lose more salt by sweating. Consequently the amount of salt available to the body tissues decreases and over time, the loss interferes with brain, heart and muscle functions. Water intoxication is more commonly found in endurance athletes.

Drink plenty of water per day, but just keep in mind, there can be too much of a good thing. Being properly hydrated is necessary for optimum performance in the gym and for keeping your body performing well.

Marc David has a degree in Criminal Justice from Sacramento State, a 16 year history of non-competitive bodybuilding and is the owner of Freedomfly –the fitness network! For free fitness tools, discount supplements, fitness consultation, and workout routines, visit

Why Water Is More Expensive Than Gold?

By Jim Thio

What is marginal economy?

Think it this way, which do you need more, gold or water?

Of course you need water more.

Which one will you pay more money for? One kilogram of gold or one kilogram of water? Of course, gold.

Why?

That's because in economy, only the marginal matters. What does that mean?

Water is precious.

However, the value of water is the value of that least useful water that you still use anyway.

You use water to drink, you use water to take a shower, you use water to water your plants, then you use water to wash your car.

Obviously, the water that you drink is much more useful than the water that you use to wash your car. However, the value of water is the value of that least useful water.

Why is it so?

That's because you're trying to maximize your profit. Of course, you use your water for what's the most

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useful first.

Yes, but why is the value of water so low?

Say the value of water is higher than that. Say it is \$5 per gallon. The satisfaction you'll get from washing your car is \$1 per gallon. Then you simply don't wash your car.

Say the value is lower than that. The satisfaction of washing your car is \$1 per gallon. However, water is so abundant that its cost is only \$0.50. Then you'll use water for stuffs that give even less satisfaction, such as washing your house.

In fact, water can be so abundant that the price is negative. A negative price means that you're willing to spend money to get rid that water. Such is the case during a flood.

In which case, you'll actually spend money to get rid of water, such as buying water pumps. That's what happened to one of my grandmas because her house is often flooded.

What's the moral of the story? Be rare. When you're rare, you're valuable. When you're not rare, you're

worthless.

Jim Thio is a silver medalist in International Physics Olympiad. He's the author of

a book on how to learn math well. He also uses his Math skills to provide

free financial, business, and marketing advices in

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