

Happiness, health and vitality are realised as a result of the choices that we make. When we make informed, life enhancing choices on a consistent basis, the seeds that we sow soon bare fruit. Following on from my article in last edition, we begin to look in more detail at two keys to realising your inner health and wellbeing; in this article we'll focus on the simple and vital elements of hydration and thinking!

Water

We're all just big hairy bags of water!

Our bones are 25% water. The muscles that drive our movement are 75% water, the brain is 76% water, the blood that carries our nutrients is 82% water, and the lungs that provide our oxygen are approximately 90% water.

Every cell and organ of our body depends upon the presence of water to function, to maintain a stable internal and external environment, to allow the delivery of sufficient nutrients and the removal of waste. Water is the lubricant that forms the base for saliva and the fluids surrounding the joints. It regulates body temperature and assists with oxygen transport. What would we do without water?

We can survive without food for prolonged periods of time, but we cannot survive without water. Supply of water to the body is critical. The quantity and quality of water consumed impacts greatly on our health, vitality and performance.

Quality

Clean water is a scarce commodity. Because tap water is commonly contaminated, it is treated by sedimentation, filtration, chemical conditioning, and then disinfected with chlorine to make it 'drinkable'. Toxic metals, pesticides, bacteria and chemicals can still be present when water comes out of the tap. The human body will not function to its potential if we continually ingest poisons.

So what are the best water sources?

- Bottled spring water , especially 'organic and alkaline' varieties
- Filtered rain or tap water - carbon or reverse osmosis filtration systems are best

Quantity

Dehydrate a muscle by only 3% and you cause about 10% loss of contractile strength and an 8% loss of speed! For a sub 30 minute Olympic 10km runner, this adds 2 minutes to their time. This is the difference between first and last... (Paul Chek)

APPROXIMATELY 90% OF THE WORLD'S POPULATION IS DEHYDRATED...

So how much is enough? Use the following formula to determine how much water you need to drink as a minimum each day, before exercise:

Body Weight x 0.033 = litres per day

e.g. 70kg x 0.033 = 2.31litres/day

Sources of fluid loss:

Respiration (1-2 litres/day)
Perspiration light activity (1-2 litres/day)
Perspiration heavy activity 1-3 litres/day)
Urination (1-2 litres/day)
Defecation (0.1 litres/day)
Diarrhoea (up to 25 litres/day)

Side effects of dehydration include:

Fatigue, Constipation, Migraine headaches, Dry skin, Premature ageing, Weight gain and fluid retention, Depression, Heartburn, Arthritis, Poor recovery from physical activity, High blood pressure, Digestive disorders, Confusion

Its your choice, consuming water giver health and vitality, dehydration gives the side effects of dehydration listed above...plant the seeds of health and vitality today.

Thoughts

“We are the only creatures on the planet that can change our biology through our thoughts, feelings, and intentions. The cells of your body eavesdrop on your thoughts, and are constantly being changed by them. When you fall in love, positive thoughts and emotions course through your body, strengthening your immune system. Conversely, dark thoughts and feelings of depression leave you vulnerable to illness” says Deepak Chopra.

Hundreds of studies over the past 3 decades have shown that nothing holds more power over the body than the beliefs of the mind.

Our thoughts are creative. They are like seeds that develop into physical form if nurtured. Physical manifestation can take place when we repeatedly focus on specific thoughts and direct energy and feeling into them. This being the case, it is important to remember that every thought we have is capable of affecting our lives – positively or negatively.

As we think...so we become

Positive thinking is a powerful healing tool. In western society we tend to treat illness and disease with medicine only. Added to this, we often do not identify the true source of disease. What we think is the source, is often merely an effect of the deeper, subtler cause. The mind has a large part to play in our overall health. Habitual negative thinking is a root cause of many diseases. Conversely, habitual positive thinking contributes greatly to good health and wellbeing.

When we are aware of the influence of our thoughts, we are inclined to accept responsibility for the creation of our life experiences. We are creative beings. Like it or not, we are responsible for creating our lot. We are not victims of anyone or anything... except our own thoughts. Through harnessing the mind we have the ability to take control of our lives and create greater levels of health and wellbeing.

Creating new patterns of thinking takes time and commitment. Every moment of every day provides an opportunity to practice.

Try bringing awareness to your thoughts. See yourself as separate from your thoughts and practice observing them. Avoid dwelling on negative thoughts. When they do arise, acknowledge them for what they are but do not fight them. Indifference is the key. Let them know that they are an unwelcome guest and ask them to leave your mind. Then fill the vacuum with positive, loving thoughts. The more you practice this technique, the more habitual it will become and you will soon find that destructive thoughts decrease in intensity and regularity.

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