

Chris receives a lot of questions these days and his water consumption is one of them. When I first met Chris, he mentioned he woke up often to go to the bathroom and could then not go back to sleep. He also told me he had sleep apnea. When someone has sleep issues, I immediately look at their fluid intake. Kidneys control sleep and when they are too active, they will interfere with this process.

In our initial meeting, I discovered Chris was consuming over 100 ounces of fluid a day! This did not include the fluid he received from food. I asked Chris to stop drinking with his meals. This would allow him to chew his food better and prevent him from washing it down.

Most of the water we consume should come from the food we eat. Foods such as grains, soups and vegetables contain a lot of liquid. Since Chris is eating more of these foods, he is getting liquid in a more indirect manner. Urine is a good indicator of fluid intake. The color should be like light beer. If it's clear, you drank too much. If it's dark, you need to drink more.

The trend has been to drink whether you are thirsty or not. The theory being you will flush toxins and fats from your body, which is true. However, you also flush out vital minerals which can only be replaced by food. So, in essence, the more you drink, the more you eat. Too much liquid can result in hyponatremia – “water intoxication”.

Chris not only gets his fluid from his food now but only drinks when he is thirsty. He currently sleeps through the night and wakes up rested. So, if you have trouble sleeping, look at the fluid you drink and eat.