

Water Smarts



From Dr. Maria

In General,

- Adult women need 2.3-2.7 liters (9.6- 11.4 cups)/day; men need 3.3-3.7 liters (13.9-15.6 cups)/day
- Exercise, pregnancy, young children, excess sweating, conditions of diarrhea and/or vomiting all require additional water daily
- All those with cardiac or renal (kidney) issues need to consult with health provider on water restrictions (congestive heart and kidney disease)
- Please drink filtered/unpolluted water
- No need for distilled unless you have kidney stones (CA, MAG, NA removed)
- Alkaline is beneficial, not essential (need minerals/negative ORP); more negative the ORP, more antioxidation
- Hydrogenation is actually very beneficial; not essential; hydrogen is most abundant element (sun has mainly h gas); promoted widely
- If urine is transparent, drinking more than enough
- If urine is light yellow, hydration is adequate
- If urine is a strong or dark yellow in absence of vitamins, you need more fluid
- If you have a very bright colorful yellow or orange urine, your vitamins/supplements are the reason
- Carry a non-plastic, non-aluminum bottle when travelling
- Do not drink just before bed unless very thirsty or dehydrated.

CONVERSIONS OF UNITS OF FLUID VOLUME:

1 CUP = 8 OUNCES

2 CUPS = 16 OUNCES = 1 PINT

4 CUPS = 1 LITER = 0.9 QUART
(ROUGHLY 1 QT)

8 CUPS = 64 OUNCES = 2 LITERS =
NEARLY 2 QUARTS = 4 PINTS

16 CUPS = 128 OUNCES = 1 GALLON