
Drinking

I'm quite frevent about many aspects of my routine; about drinking, I'm less so. Your body may react differently to its fluid intake; this is why it's important to know yourself well, and to listen to the signals your body is giving you.



I listen to my body; I drink when I feel the need.

I've trained myself to drink 1-2 glasses of water (almost) first thing in the morning. I usually drink 1-3 glasses more throughout the day.

Many health fanatics are big believers that a glass of water in the morning is very beneficial to your body.

Frankly, I haven't noticed that. The only change I noticed (when I began consistently drinking in the morning), was that I got fewer headaches. But I didn't get many headaches anyway.

However, my health for the last couple of years has been top-notch and this habit (drinking water first thing in the morning) is so quick and easy to maintain that I keep it just in case.

Apart from morning glass of water I don't have fixed times for drinking. I drink when I feel like it. I can't always do that, such as when I feel thirsty in the middle of my commute, but I'm usually able to drink when I feel the need.

To keep my body hydrated I also drink two big coffees a day and tea with most of my meals (this is a habit which dates from childhood). Vegetables and fruits consumption also adds some fluids to my body.

On weekends I drink less coffee and more water. I usually sleep more in the weekends, and if I'm tired when I'm at home I can take a brief nap instead of a coffee.

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What Works For Me:

- Drinking 1-2 glasses of water every morning
- Drinking when I'm thirsty
- Drinking beverages throughout the day keeps my hydration even.

During the day, I drink about 2-3 glasses of water; I usually have two coffees; I have tea with meals; in the weekends I drink less coffee.

My Suggestions for You:

Water is always better for your body than anything else.

Almost every drink you can think of is water + something else . . . and the something else may not be aiding your health long-term.

Why not just drink the water?

Think about it.

Most people don't drink nearly enough water.

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI
