



Why water

Did you know?

Water is the main component of our body. An adult human body is composed of 55% to 78% water depending on body size, in other words at least two thirds of the body consist of water. Our tissues and organs are mainly made up of water.

Muscle consists of 75% water
Brain consists of 85% water
Bone consists of 22% water
Blood consists of 83% water

Important Functions of Water

- Helps dissolve nutrients and make them accessible to the body
- Lessens the burden on the kidneys and liver by flushing out waste products
- Transports nutrients and oxygen into cells
- Moistens tissues such as those in the mouth, eyes and nose
- Helps with metabolism
- Protects vital organs and tissues
- Regulates body temperature
- Helps prevent constipation.
- Lubricates the joints
- Improves the texture of the skin

Are You Drinking Enough Water?

Despite the fact that there is a debate on whether the 8 glass/day recommendation should come from water only, nutritionists continue to recommend "8x8 rule": Drink eight 8-ounce glasses of water a day. You may need more water if you exercise or sweat heavily. You may need less if you drink beverages, fruit juices and other fluids. Remember tea and coffee cause the body to loose water because they act as a diuretic. Talk to your doctor about how much water is right for you.





Why water

Symptoms of Dehydration

- Dark urine - dark yellow or orange color and/or strong smell
- Dry skin
- Thirst
- Hunger
- Fatigue
- Headache
- Muscle cramps
- Constipation

Harmful Effects Resulting from Dehydration

- Tiredness
- Migraine and headache
- Constipation
- Muscle cramps
- Irregular blood-pressure
- Kidney problems (stones)
- Dry skin
- Risk of death if 20%+ dehydrated



CHEAT SHEET

Thirst is the obvious sign that you're already dehydrated. It is always a good practice to drink water when you are not thirsty, don't wait until you're thirsty.

Sometimes when you think you're hungry, you're really just thirsty.

Being dehydrated can make you feel empty and cranky. If it's only been an hour or so since you had food, drink a glass of water before you reach for food.

If you're feeling drained and depleted, have a glass of water. Dehydration makes you feel fatigued.

Build muscle tone by drinking water as it helps prevent muscle cramping and lubricates joints in the body. Remember when you're well hydrated, you can exercise longer and stronger.

Stay slimmer by drinking water as it boosts the metabolism and helps you feel full. Replace high calorie beverages with water. Drink a glass before meals to help you feel fuller.

Add a lemon and mint for some water with a twist.



Why water

Tap, bottled or filtered?

The debate between advocates of tap, bottled, mineral, filtered & sparkling water continues. When choosing drinking water, you should consider the water source, how it is purified, if tests have found any contaminants in it, and where and how it is stored. We suggest that you invest in a reusable water bottle and carry it around. This is not only economical but is also more eco friendly.

According to Dimitris Georgas, Deree Associate Faculty, Science and Mathematics Department: Athens drinking water is of very good quality upon production, due to continuous monitoring. The urban pipe network in Athens is also in good shape and is not very old compared to the rest of the EU cities. Unfortunately, consumers may be misled by the common selling techniques of water filter companies who artificially increase the potential risk of municipal water. On the other hand, there is valid concern about the safety of plastic water containers. There is also a strong discussion about the migration of substances from plastic bottle containers into the water when exposed to high temperatures. The main health effects are currently focusing in the leak of toxic trace elements in plastic bottles, like Bisphenols (from the PET plastic cocktail) and antimony (from the bottle casting process) which have been recognized as "contraceptive substances" with impacts on fertility. See below for more information on water processing, quality standards and distribution.

- [Water processing plants](http://www.eydap.gr/index.asp?a_id=69)
http://www.eydap.gr/index.asp?a_id=69
- [Water quality standards](http://www.eydap.gr/index.asp?a_id=71)
http://www.eydap.gr/index.asp?a_id=71
- [Water distribution pipe network](http://www.eydap.gr/index.asp?a_id=72)
http://www.eydap.gr/index.asp?a_id=72

