

Welcome to the SHS Wellness Column!

Let's start with something very basic: **HYDRATION!**

All chemical reactions in our body require water. 60 % of the average adult human body consists of water and in its brilliant make up, the body tries to find a way to keep this level consistent. If you don't drink enough water (or too much dehydrating caffeine!), your cells will literally shrivel up. Your immune system, the system that wards off infection and keeps you healthy, needs this precious liquid in order to function properly. As we approach the winter months, the air get drier and our mucous membranes start to loose moisture. This is one way our body is more challenged during the colder part of the year and one reason why we are more susceptible to infection. Water to the rescue!!!

The general rule here is to drink HALF YOUR BODY WEIGHT IN OUNCES-each day- in small amounts throughout the day. You do the math for you and your family, get everyone an easy to use water bottle, ideally in stainless steel as this does not leach toxic chemicals in to the water, and keep it with you, refilled, at all times. When you leave the house make sure you have your wallet, cellphone, car keys....and water bottle! If you have been skimping on your water-fret not-your bladder will with time accommodate to the new amount. On top of that, your skin will love it, your energy will be enhanced, your bowels will be delighted and you may just find that you can ward off infection more readily! Encourage your kids to drink, drink, drink water all day long. You may need to send two bottles to school each day and do a victory cheer when they return them empty at the end of the day!

If you are ready to take it to yet another level, place a humidifier in everyone's bed room during the dry winter months to keep moisture in the air while you sleep. If you haven't tried, you may be surprised of how much better you feel in the morning.

Our challenge to you; increase your water intake to the recommended level for 21 days and see how you like it. Let us know, give us feedback and always know that we are here ready to support.

Make it a beautiful day everyone!

The SHS Wellness Committee

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