

Rules of Healthy Water Drinking

1. Do not postpone water drinking when thirsty. Always carry safe drinking water for immediate access when needed. The most common reason for inadequate water drinking in both children and adults is non-availability of clean drinking water.
2. Do not drink water out of plastic bottles. The thin plastic bottles commonly used for selling commercially bottled drinking water leech synthetic chemicals in heated environments. These chemicals are damaging to health.
3. Drink water 30-60 minutes before meals and 1-2 hours following meals. Drinking water during meals dilutes the digestive juices (Ayurveda recommendations which make good sense).
4. If you wish to drink water during meals, drink in small sips. A vital health tip is that the meal should have enough water in its preparations, so there is no urge for water. Good examples are fresh vegetable salads, lentil soups, thin, savory lassi, etc.
5. Do not drink refrigerated or iced water which causes spasm of intestinal lining and muscles. Proper digestion requires better blood flow to the intestines (in Ayurveda called *Jathar-Agni*). The earthen pot (*matka*) keep drinking water at the weather-appropriate ideal temperature.
6. An ideal time to drink water is first thing in the morning on an empty stomach. In the morning time, drink warm or lukewarm water and Indian spiced herbal tea (see the recipe in the recipe section of the website). This practice will eliminate constipation, keep you hydrated for most of the morning, minimize hunger cravings, and tame the appetite.
7. Monitor the color of the urine and the frequency of urination to assess the state of hydration. The color of urine should be light straw-colored and frequency 4-5 times a day. There is a wide range of urine output based on water, salt, sugar intake, physical activity, and environmental conditions—hot, cold, or humid. Air-conditioned environments are cool and dry, so adequate water intake is recommended for those who spend most of their day in an airconditioned environment.