# Myths And Facts Around The Proper Drinking Of The Water For The Health Betterment

*In this particular proper-water drinking issue:*

* *How much water do you need to drink each day?*
* *How many children need to drink each day?*
* *What kind of water do you need to drink and why?*
* *What about a coffee in the morning on an empty stomach?*
* *What is the workable and healthy schedule to drink water?*
* *What are your losses while drinking coffee or tea?*
* *What are the net losses of the water throughout the day?*
* *Is this true that you need to drink 0.5 liters or so per day?*
* *What to do if you constantly drink 0.5 liters or so?* ***Healthy tip: Know this truth about your kidneys regarding adaptation to more water;***
* *When do you need to drink water so you don’t have to run to the bathroom at night?*
* *Interesting facts about the pure water and cells you perhaps never heard before.*

You know, there are so many myths around the topic of the proper or right water drinking habits for maintaining a good shape. Moreover, some gurus and seers claim the exact amount of water you need to drink each day without having any evidence whatsoever.

Well, let’s go straight to the topic and find out the truth about what makes a difference between healthy living and painful and incurable diseases that are connected directly with water-drinking habits.

There are two types of water drinking habits. There are only two ways your drinking habits can develop. Either you have the right water drinking habits, which keep you in shape and disease-free. Or wrong habits developed by gurus that already moved millions of people astray from healthy water-drinking habits.

## First two relevant questions about the right drinking habits you’d like to know about

The first two relevant questions arise and sound as follows: how much pure water every man and woman must drink to keep themselves healthy? And the next question. Should you consider drinking more or less water regarding your physical exercise or office-like routine?

Good questions! And here’s the answer: there’s no difference whether you are men or women. Because there’s one rule in existence, the truth is a law of gravity. And here’s what it is: Your need to drink no less than 2 liters of pure water each day.

Of course, if you have active physical exercises, gym workouts, summer’s heat, and other circumstances. Then, you need to drink – even more water.

***Healthy tip****: For instance, in India, you’ll see how people drink 3+liters of pure water. It’s pretty hot out there.*

And everywhere you are traveling – you watch the average temperatures in the current region and have to understand in advance – how much water you’ll need to constantly consume.

Remember this fact: If you drink coffee, tea, Coca-Cola, alcohol, and other things that have diuretic properties. Count these losses at least approximately. And develop your drinking habits with precision on coffee and other drinks.

It’s crucial to not have a straight restoration of hydration losses. Provide at least a small surplus. Let’s say 200-500 grams or so.

### What about the temperature of the drinks that encompass healthy drinking?

The temperature of the water is also important. It’s vital to drink not cold water. At least don’t drink it too frequently (one time per week is OK). The temperature of the water must be approximately 36 degrees by Celsius (warm and nice for you).

Believe it or not, your body heats the cold water to 36.6 Celsius – your body temperature before actual consumption.

And of course, the water must not be hot. We mean hot coffee, tea, or whatever. Because you destroy your digestive system. The hot water cools very slowly (there’s nothing inside your body to cool the water or dish fast). Thus more dangerous than drinking cold water.

How much do you lose water when you drink coffee or tea?

For instance, if you drink a cup of coffee (200 grams). Thus your net losses of the water because of the coffee equals 220-240 grams. After the drinking of the tea net body-water loss is 210-220 grams. Thus the moment you drink coffee, tea, or alcohol, your body experiences dehydration that needs to be restored.

### When do you need to drink the water?

Frankly, you need to drink water every time you want to drink. If you are thirsty – time to drink pure water. Below you’ll find out how to drink the water at night to never run to the bathroom back and forth.

However, the rule with the paramount importance regarding the pure water drinking or coffee or whatever after the dish looks as follows. And here it is: You never drink water during the eating or afterward for 1.5 hours (when you’ve eaten the non-meat or non-fish foods). And you drink 2 hours later, after eating the meat or fish-like dishes.

If you want to drink water – drink it before eating. 15-10 minutes of drinking water before eating is OK. But never during the eating or afterward in the period listed above.

If you want to know exactly why: the water or other drinks literally dilute gastric juice. If you want to know the full story, here’s [the issue regarding eating habits](https://wellness-today-journal.com/how-to-eat-healthy-for-nickles-and-dimes-today/). Hint: Only one-healthy way makes them live in a consonance.

## How much must adults starting from 18 years old drink per se?

Well, from 1 to 2 cups of water (200-400 grams) is OK. That’s enough to restore your hydrate in the organs. Remember, don’t drink too much at the time. Let’s say you’ve decided to drink 3 cups of water (600 grams). That is already recognized by doctors as a very dangerous solution. Below you’ll find out exactly why.

In case, you consume too much water that fills your stomach. The results can be different. From the discomfort to the pain in the stomach, heart, liver, and other organs.

Even if you are so thirsty, you are ready to drink a lot of water. Stop yourself for a second. You must separate your drinking. Let’s say, drink 1 or 2 cups per 15 minutes.

But not more than 2 cups per 1 hour and no more than 400 grams in the sum. Additionally, remember if your previous water norm was around 500, 1 liter or so. It’s dangerous to jump right to the 1.5 liters norm drinking. Or even 2 liters. Below, in this issue, you’ll find out the precise reasons why.

## How many children younger than 18 years old must drink?

The uniqueness of the children is they rarely cheat when it comes to drinking water. So, if the child asks you for the water – deliver it as soon as possible. Of course, it’s better to teach children not to drink during eating or afterward as listed above.

However, it’s better to set aside this training for later because the children’s organs and their condition are more sensitive. This means if you prohibited the drinking of pure water to the child.

Then there’s a danger related to the low hydration-like health condition.

***Healthy tip: children sometimes are so passionate about something – they forget about drinking the water. So as soon as children require the water – give it to them.***

To sum up, provide pure water to children every time they need it. Plus, teach them to pick up the cup of water by themselves every time, when needed.

***Healthy tip: it’s better to provide children with freshly squeezed juice or compote than some sort of Coca-Cola or alike.***

And start to change their drinking habits if they are wrong. Maybe it’s a little bit of a noisy routine – yet as a parent – you have no choice! Your children’s health ultimately depends on what you allow them and what not.

Moreover, type 2 diabetes is becoming a frightening tendency among children 12 years old or even younger. That’s how the wrong eating and drinking habits are arousing and slowly moving (strong) children’s health towards off-line and unhealthy mode.

Plus, children grow. Thus their bodies require a lot of vitamins, proteins, carbohydrates, and some fats. Thus, it’s ultra-critical to keep their health guarded like fortress-like protection through healthy drinking and eating habits.

## Is there a danger of drinking too much water at a time?

Yes. In the vast majority of cases, the danger is when you drink more than 400 grams at a time (15 minutes period). Remember that your normal stomach size equals 500-700 grams.

Thus you drink more, you exceed the size of your stomach and very fast. And remember if you don’t want to drink – don’t drink. Because overdoing it is harmful.

Know and track the roots of your thirst: you may drink a lot because of the hot weather, physical exercises, and coffee. The body – signals to you: “Hey, I need water. Please deliver some”.

Thus you listen to your body, watch what you are eating, and drinking, and notice external factors, which make you drink more.

## What is the quality and meaning of pure water, and when to get it?

There’s a widespread rumor that mineral water is the best for your body. Unfortunately, that’s the mistaken position. The mineral water you are drinking in the bottle – contains a lot of organic-free compounds. Why?

Because mineral waters are drunk locally – where they are extracted. And if such water is bottled and transported over long distances. Then it becomes organic-free.

Thus it becomes an acidifier for the body. Widespread diseases, which are well-known because of the bottle-like mineral waters are osteoporosis, osteochondrosis, atherosclerosis, and similar diseases.

Of course, if your doctor’s program provides you with mineral water drinking prescriptions – you know the rules! However, filtered water is the solution for those who are seeking pure water to drink. And a place near the source of the mineral water – is the best solution.

Yes, put the filter on your kitchen and you always have a lot of pure water. Just remember to replace water filters once in a while (read instructions). And you’ll be Ok.

## What is the schedule for the right drinking of water?

Each morning, right after standing out of bed – take 1 or 2 cups of pure water (200-400 grams). You may drink the compote. Or the freshly squeezed juice you just made (not the juice-box-like type).

***Healthy tip: Never drink coffee, tea, Coca-Cola, alcohol, or similar products on an empty stomach. Because soon you’ll achieve health issues in your stomach and other organs.***

Then you can have breakfast. Of course, you don’t drink anything at all during the meal, never, ever. After breakfast, you drink coffee, juice, compote, or whatever **(in the case of non-meat food – after 1.5 hours**).

In the case of the **meat and fish-like dishes**, no sooner than after **2 hours.**

Every time you want to make a few dips in the water do so. Especially, always drink before eating. Because as soon as you take any kind of dish, you want to drink. Thus calm down your thirst in advance!

Drink a cup or two of water before lunch or dinner. And keep following the rule – not to drink during the eating and afterward as described above. And you always take 1 or 2 cups before supper.

Thus, you always have a surplus of hydration in your body, even if you are drinking one or two cups of coffee throughout the day.

### What about those who claim you need to drink less than 2 liters or even 0.5 of the litter?

Well, only if the person is not after surgery or has other extreme circumstances like internal organ damage. Or similar cases where emergency medicine is needed. In all other cases, those who say you need to drink less than 2 liters of water each day – commit the unthinkable.

Literally, they suggest healthy people become unhealthy. Because of all our organs: brain, heart, stomach, liver, kidneys, pancreas, spleen, muscles, and others. Require a constant pure water income. And in case the body never gets 2 liters constantly – the health starts to go offline. And very fast.

## Do you know how much water you lose throughout the day?

Even under normal circumstances, your net water losses equal 1.5 liters per day. Thus you need to drink water and compensate for this water. That’s why you need to drink with a surplus of at least 2 liters to never miss the mark of your hydration body condition. Considering the hydration losses after the coffee, tea, alcohol, Coca-Cola, etc.

*Briefly about Coca-Cola and similar products, only facts without the buzz. Coca-Cola has a lot of sugar and chemical components. One bottle of 0.5 a month is not a problem.*

*But try drinking 0.5 or more every day and you’ll soon be convinced that diabetes, including type 2 diabetes – possess a real and close danger to your health. And for your kids! Take care and watch what you drink and eat. Read on.*

## What to do if you already drink no more than 500 grams of pure water per day?

If you want to restore your hydration level to normal, which means no less than 2 liters per day. Remember this rule to prevent severe trouble with your kidneys!

Here’s the rule: You drink +50 grams per day at the maximum and slowly go to the mark of 1.5 and 2 liters per day. Otherwise, if you jump right to the mark to the 1.5 or 2 liters or more. Your kidneys and organs will be shocked by sudden water income! But if you add only 50 grams of pure water per day. You are absolutely safe!

## When do you need to drink water so you don’t have to run to the bathroom at night?

Just drink water for 1 hour or 30 minutes before you go to bed. And before you go to bed, go to the bathroom and try to do your chores. Do that, and you won’t have to run to the bathroom that night. Do it all the time, and you will sleep like a baby.

### Interesting facts about the water you perhaps never heard about

Only pure water – which you drink – gets into your body cell. For example, filtered water (tap water). Or mineral water when you drink directly from a spring (not bottled). If you drink coffee, tea, Coca-Cola, alcohol, etc. The cells have to excrete this fluid naturally through the urinary tract. So there is no net gain when you drink tea, coffee, etc. You can drink but in a limited way!

According to one evolutionary theory: the cells have trained the mitochondria to release unthinkable amounts of energy.

***Provided the mitochondria get enough water and nutrients.*** For example, scientists calculate that if you take all the mitochondria in one person and total up the amount of energy in Joules that they can secrete.

It turns out that **not a single nuclear power plant on Earth is capable** of releasing the same amount of energy. And none of the known power plants could handle the amount of electrical energy – released by mitochondria of a single human.

***But there are rules***: cells and mitochondria must receive enough pure water and nutrients to supply the body – that kind of energy. As you can see, a person can get as much energy as they need with a huge surplus factor, as long as they follow the rules of drinking water and eating right.

Interestingly, the adult body of men and women consists of **75% water**. So, you get the idea! Drink the water – pure water every time you need it. Of course, following the rules of drinking after eating. By the way – do you already know about healthy food? [It’s here!](https://wellness-today-journal.com/top-food-for-healthier-life/)

**Is this info and particular issue trustworthy enough?**

All these materials were provided by Ivan Pavlovich Neumivakin, the top USSR doctor that was responsible for the physical condition of the first group of Soviet cosmonauts, Gagarin, and another 19 top Soviet pilot-cosmonauts.

The main idea was: to make the physical condition of the cosmonaut – perfect. Make cosmonauts never feel ill, tired, exhausted, or whatever during all the flight missions in any period in space.

After a career as a leading doctor responsible for numerous space missions, he decided to pass on this knowledge and adapt it to every man and woman on Earth.

Be healthy, and wealthy, you, your families, and your peers. Wellness today wishes you a good day! And more of them! More often!