**As a Gout sufferer hydration is crucial in the management of a Gout free existence.**

Everyone says that we should drink enough water, but why?

The body is roughly made up of 2/3 water. The brain is made of 90% water, blood 83%, muscle and soft tissue 75% water and even bone is made up of 22% water.

It is scientifically proven that lack of water inhibits our ability to function efficiently. Athletes are always told to stay hydrated so that their performance does not suffer. However, it is also known that most headaches are caused by dehydration.

The benefits of water are numerous. It helps regulate our body temperature, protects and moisturises our joints as well as moisturising the air in our lungs, aids detoxification, protects our vital organs as well as helping them absorb the nutrients more efficiently.

As a Gout sufferer the benefit that seems most apt is the help in detoxifying the body.

If we are moderately dehydrated we end up with headaches, constipation, Muscle cramps, kidney problems, irregular blood pressure and dry skin.

There is also an added benefit that as water protects the cells of the body and prevents the bad cholesterol sticking to them and consequently helps lower the bad cholesterol levels.

**You can check the level of hydration by checking the following:**

* Urine - this is pale yellow when hydrated. If it is dark or smells strongly then more water is needed.
* Dry skin- Skin is the largest organ of the body and requires its share of water to stay moist.
* Thirst- If you are thirsty you are already de-hydrated. Try to drink before you are thirsty.
* Hunger- This does not always mean that you are hungry. Often it is an indicator that you are dehydrated. So have a glass of water BEFORE a meal. This way you do not lose the nutritional value of the food you are eating by washing it down!
* Fatigue- Water is a source of energy so it provides a boost to your energy levels.

**Top 11 Health Benefits of Drinking Water**

1. Weight loss: It flushes the body of the by-products of fat breakdown. It reduces hunger. It has zero calories.

2. Reducing headaches: The most common cause of Headaches and Back pain is dehydration. So water helps to resolve this issue

3. Look younger with healthier skin: Water hydrates the skin tissue so the moisture and elasticity of the skin is improved making you look younger.

4. Better productivity at work: As the brain is 90% water hydration helps you to think more clearly, remain alert and concentrate for longer.

5. Better exercise: Water helps regulate your body temperature so you will feel more energetic. It also fuels the muscle cells

6. Helps in Digestion and Constipation: Drinking water helps raise your metabolism as it helps digestion. Water and Fibre are good partners and aid your daily bowel movement.

7.   Less Cramps and Sprains: Good hydration keeps the muscles and joints lubricated preventing cramps and sprains.

8.   Wellness: Correct hydration helps in the fight against flu, kidney stones, heart problems, GOUT. and it aids our immune system.

9. Relives Fatigue: If your blood is not hydrated then the heart has to work faster to pump it around the body. The kidneys also suffer as they are not able to remove the toxins as easily. Consequently you will feel tired and the GOUT SUFFERER WILL HAVE MORE CHANCE OF DEVELOPING A FULL BLOWN ATTACK

10. Mood Enhancer: Hydration helps your body feel good and you will   then feel happy

11. Reduce the Risk of Cancer: Some studies have shown that hydration may reduce the risk of cancers, such as colon and bladder cancer. This is because the water dilutes the concentration of toxins and shortens the time they are in contact with the bladder lining.

**Am I Drinking enough Water?**

We say that 2.75 litres of water per day is the standard to aim for in the UK. Obviously there are factors to consider. For example, your weight, extremes of heat, exercise and so on.

You lose water through sweating, urination, and exhaling breath. In hot weather you lose more water through sweating but in the cold more is lost in urination. When you are ill, such as with flu or diarrhoea, you lose more fluid. Weight also plays a significant role as the heavier you are the more fluid is needed for the muscles, organs and bone.

The general rule of thumb about how much you should drink is that you drink as many ounces as there are in half your body weight, in pounds. See below

Pound     Kg      Ounce      Litre

200       91       100         2.98

180       82        90         2.55

160       73        80         2.27

140       64        70         1.98

120       54        60         1.70

100       45        50         1.41

80         36        40         1.13

It is best to drink little and often spreading the water intake throughout the day.  Try and keep an eye on how much you drink by either drinking a 10oz (.28 litre ) glass every hour for 8 hours or by filling and empty 1 litre squash bottle with water and drinking that before lunch. Refill the bottle and drink another litre in the afternoon and two large glasses of water in the evening.

Obviously, if you are exercising then more water is required so drink a couple of small glasses about hour before and keep sipping water throughout out the exercise period.

People often worry about the increased need for urination. This phase does pass once the kidneys get used to the extra hydration.

**Good Water**

A good water supply is also important. Tap water contains chlorine and other unhealthy contaminants., *Fortunately the level of chlorine in tap water is very low in England and Wales, this contrasts favourably with other countries where much higher levels are common* (Drinking Water Inspectorate (DWI), 2010). However it is known that any chlorine in tap water can lead to the production of trihalomethanes, which have been shown to cause heart problems and birth defects (NHS, 2008).

Certainly when you are going through the cleansing process it is advisable to avoid chlorine containing tap water if possible. We recommended that you drink bottled or purified water that is chlorine free.

Alternatively, **a very good way of removing Chlorine** (Thames Water, 2012) is “to fill a jug with water and refrigerate it overnight, to let the chlorine evaporate.

*It should be noted that water kept like this should be treated as a perishable food and be consumed within 24 hours.”*

SO GO ON DRINK MORE WATER!!!  Hopefully this will keep the Gout at bay

**Important Notice:** You should always seek a healthcare professional's advice regarding gout and uric acid levels. Information and statements regarding our dietary supplement (GC) have not been evaluated by any statutory or professional body and the information provided is not intended to be used to diagnose, treat, cure or prevent any disease. If you have a medical condition, or are taking a prescribed medication please consult with your Doctor. Goutcare products (GC) are provided to promote joint health and general well being as part of a healthy and active lifestyle. All the information on the Goutcare website and in our Emails is intended for your information only. It is not intended to be a substitute for medical advice given by your doctor or other medical professional. Goutcare products (GC) are not a treatment for gout. Dietary food supplements should be taken in conjunction with, and not as a substitute for a healthy lifestyle and balanced diet.