

Hydration, circulation and cleaning

WATER

Every nutrient plays a specific role in the body and each is vital for health. This is also true of water. Water does not provide energy but is the main component of the human body and is found in all cells. We refer to **intracellular water** to mean the water contained in cells and **extracellular water** to refer to the water that surrounds cells. On average, water represents 60% of body weight, but this proportion depends on age, weight and size. The thinner a person is, the higher the percentage of water. However, this proportion diminishes with age since body tissue dehydrates with age.

HYDRATION

Some people compare the body to a sponge which needs to be constantly soaked to ensure it does not dehydrate. The body constantly loses water through **perspiration**, **excretion** and even **breathing**. Although we can store energy, we cannot store water. This means that any loss of water has to be replaced by new supplies every day. Which is why we cannot survive very long without water. You cannot go without water for more than 2 to 5 days, as a loss of 20% of the water in the body can be fatal.

OTHER FUNCTIONS OF WATER

The role of water does not stop there. It takes part in numerous chemical reactions. It therefore plays an important role in body **function**. It also helps to keep body temperature constant via perspiration.

Keywords > Circulation

Water carries blood cells and nutrients. It carries the substances our cells need, such as vitamins and minerals, inside our cells.

Finally it helps **clean** the body by helping the kidneys eliminate waste through urine.

In summary, water can be considered as a separate substance. This substance is the main component of the human body and allows it to function. This 'multi-purpose' substance regulates, transports and cleans. This substance is so ordinary we sometimes forget just how important it is.

Hydration, circulation and cleaning

On average, what percentage of body weight is water?

- 40%
- 60%
- 80%

Our cells contain water.

- True
- False

The proportion of water in the body is not determined by...

- age
- weight
- mood

Drinking water helps us avoid...

- distillation
- dehydration
- depression

Breathing eliminates water.

- True
- False

Regarding the role water plays in your body, which of the following statements is false?

- Water is involved in chemical reactions.
- Water provides energy.
- Water transports nutrients.

Food provides the body with usable water.

- True
- False

Water helps cleanse the body.

- True
- False

Answers

On average, what percentage of body weight is water?

- 40%**
Wrong! It's more than that.
- 60%**
Well done! That's right!
- 80%**
Wrong! It's less than that.

Our cells contain water.

- True**
Well done! Cells contain intracellular water.
- False**
Wrong! Try again!

The proportion of water in the body is not determined by...

- age**
Wrong! The older a person is, the more their skin dehydrates.
- weight**
Wrong! The thinner a person is, the higher the proportion of water.
- mood**
Well done! The proportion of water in your body does not depend on your mood.

Drinking water helps us avoid...

- distillation**
Wrong! Nice try, but that's not right.
- dehydration**
Well done! Your body does not store water, so you have to keep up your water intake to compensate for water loss.
- depression**
Wrong! Try again!

Breathing eliminates water.

- True**
Well done! That's right. You can actually see this if you breathe on a cold window.
- False**
Wrong! That's not the right answer.

Regarding the role water plays in your body, which of the following statements is false?

- Water is involved in chemical reactions.**
Wrong! Water is essential for your body to function as it plays a part in chemical reactions.
- Water provides energy.**
Well done! Water does not provide your body with energy, but is essential for your body to function.
- Water transports nutrients.**
Wrong! Water does transport nutrients into your cells.

Food provides the body with usable water.

- True**
Well done! Food contains water and provides your body with 1 to 2 litres a day.
- False**
Wrong! Try again!

Water helps cleanse the body.

- True**
Well done! Water helps your kidneys do their work and the elimination of waste through urine.
- False**
Wrong! That's not the right answer.