

FLUID INTAKE

Water: Our Elixir of Life



Co-funded by
the European Union



"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."



Why Water is Essential

- Our body consists of more than 50% water.
- Water fulfills various functions such as energy for our muscles, purification of toxins and bacteria, strengthening the immune system, enhancing concentration, promotion of regular bowel movements, keeping body temperature constant, and maintaining fluid balance.



Tap Water vs. Bottled Water



- Tap water is drinkable in most parts of the EU and is taken from groundwater near the surface or from rivers and dams.
- Mineral water is from deep and sheltered springs and requires little treatment.



Sparkling Water vs. Still Water



- Sparkling water comes from deep volcanic springs made of rock containing carbon dioxide. Carbon dioxide can also be artificially added to turn still water into sparkling water.
- Still water has a neutral pH value of 7, while sparkling water has an acidic value of 5.3. Drinking still water is recommended for people with a sensitive stomach.
- Sparkling water prevents the growth of germs due to its slightly acidic environment.

Dehydration



- Dehydration happens when the body lacks fluid to carry out its functions.
- Causes of dehydration include not drinking enough, diarrhea or vomiting, blood loss, burns, acute renal failure, diabetic coma, diabetes insipidus, and use of diuretics.
- Symptoms of mild to severe dehydration include thirst, dry skin and mucous membranes, reduced urination, palpitations, low blood pressure, and even shock.
- Treatment for mild dehydration includes drinking small amounts of fluid several times. For severe dehydration, consult a doctor immediately.

Curative Water

- Curative water is from deep springs that have a preventive, soothing, or curative effect. It contains natural minerals, trace elements, and other active substances.
- Curative waters have no side effects and can be drunk like regular water, even in large quantities.



Soft Drinks and Alcohol Recommendations



- Soft drinks and fruit juices have a high sugar and acid content, which can increase the risk of weight gain, Type 2 diabetes mellitus, tooth decay, and cardiovascular diseases. Instead of soft drinks, drink water with fresh fruit or unsweetened tea.
- Alcohol consumption can lead to reduced ability to concentrate, impairment of perception, aggression and violence, cancers, addiction, and mental health problems, etc.
- Alcohol should not be consumed at all or rarely and in small amounts.

Drinking Recommendations and Tips



- The recommended drinking amount is about 1.5 liters per day, but more fluid is needed on hot days or during and after exercise.
- Drinking water is the best option, but coffee or black tea in moderation is still acceptable.
- Try drinking small amounts of fluid several times a day instead of drinking too much at once.