

Drink more water for better health

Q: When I go to the bathroom, my urine is colorless. The only medication I take is aspirin, once a day. Do you think there's a connection?

- P.S., Kansas City, Mo.

A: No connection. And it's not necessarily bad that your urine is colorless. Most people assume urine should be yellow, but if it's yellow, that probably means you're not drinking enough water.

The more yellow the urine, the more likely you are dehydrated. Clear urine is usually an indication that you have drunk the right amount of water.

What amount is right? About eight glasses a day, though healthy kidneys can filter three gallons of water a day. Drinking that much water is really hard to do, plus it's dangerous. On the other hand, Americans don't drink enough water. They load up on soda, coffee, tea juice and milk. And then scientists ponder why the incidence of every disease has gone up. It's partly because the human body needs water, good water, to flush the system of impurities and carcinogens. Every cell in the body needs water.

Now, if you're running to the bathroom every 15 minutes and you have colorless urine, kidney pain, cramping or other symptoms, then obviously something is amiss. There's a disorder of the hormone system that can cause a deficiency of a hormone called ADH. This condition can cause unquenchable thirst, dry skin, constipation and the passage of profuse amounts of colorless urine-like 15 quarts a day!

But this condition is an exception. Don't be afraid to drink more water. Remember, the body's about 70% water-not Coke, water. So drink up.

If you really want to boost your health, drink a brand that has minerals in it. Mineral water is more alkaline and helps counteract the acidity in our body caused by poor diet, medication, nutritional imbalances and lifestyle. Consuming alkaline water creates the proper pH in the stomach and may help neutralize some over-acidic conditions that contribute to ulcers.

Any water is better than none. Water is life itself. It nourishes the planet and supports all biological process on Earth. It is the simplest and cheapest thing you can do to improve digestion, increase energy levels, refine your skin tone and lower your risk for disease. Don't be afraid to tote your water bottles around. You can always add a twist of lime for fun.

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