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Touch* 

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# Importance of Hydration for Massage



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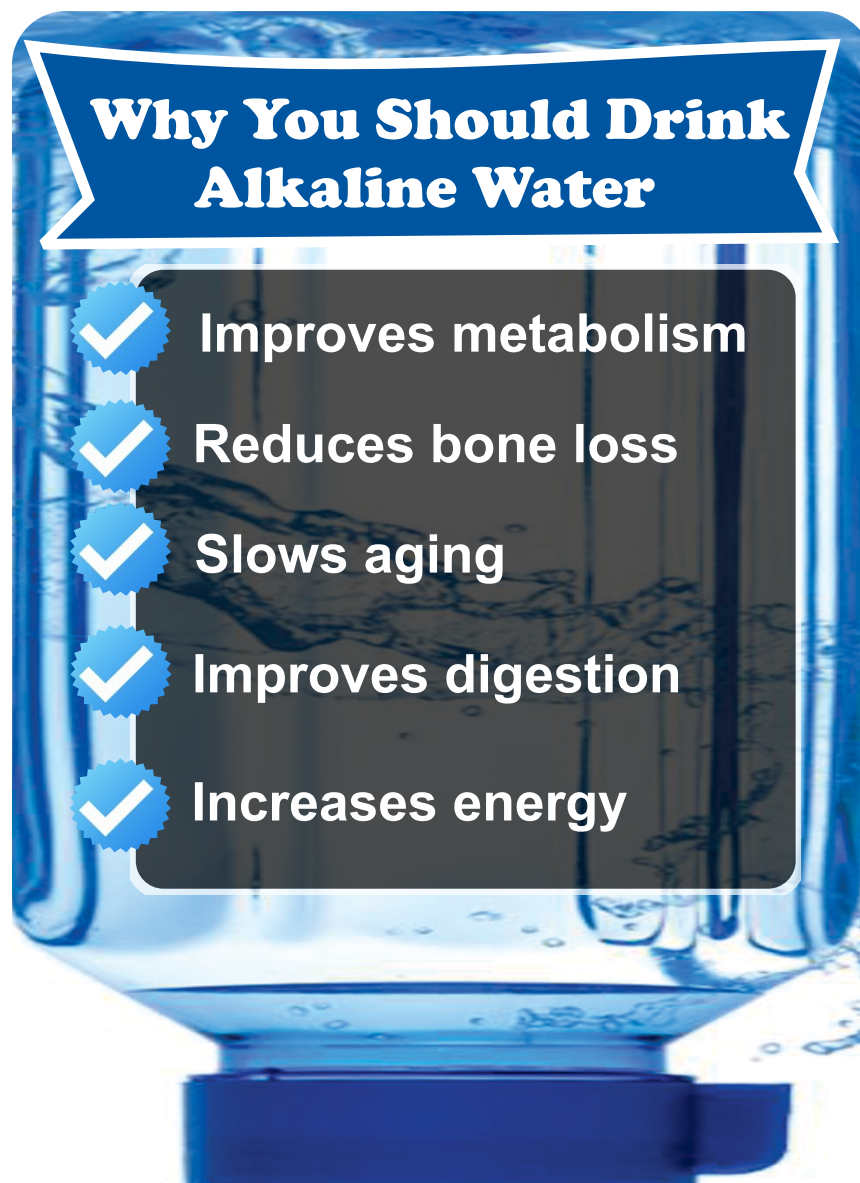
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There are many natural resources that are very essential in human life but water is the mother of all. To start with water is a major component of the human body composition. Did you know the human brain is 95% water? Also, did you know lungs, blood, and muscles are 90%, 83%, and 76% of water respectively?

This is proof that without water life would not exist by any means. The human body requires a regular refill to ensure correct water levels. Drinking eight glasses of water every day is the recommended quota a day but it is unfortunate to say many people ignore the guide. Failure to take enough water is associated with many health issues with the major ones being headaches, fatigue, and overweight. In this copy, we will discuss the benefits of drinking water and how to use it to have a more enjoyable massage experience.



# How Hydrotherapy Works in Ice Massage



To understand how hydrotherapy works it is important to note that when your body is exposed to cold environment such as cold water it gets chilled. As a result, your body feels depressed but this only happens if the exposure is overdone. If the exposure is moderated, the body instead become more active. This is the fact that led to adoption of water and to be specific iced water in massage therapy.

Use of ice during massage is associated with the following benefits:

1. Increased blood circulation – Use of ice during massage works by chilling the target area. The blood flow increases by involving the affected area to some exercise to gain some heat.
2. Pain relief-contracting blood vessel is an effective way to stop pain on the body. By placing ice on a painful surface during massage you are simply contracting blood vessels.
3. Decreased sensation-Sensation is mostly caused metabolism that happen within the cells. Using ice during massage decreases the cells activity and as a result, nervous system get relaxed thus reducing sensation.





# Benefits of Water in World of Health



## Help Purify or Detox your Kidneys

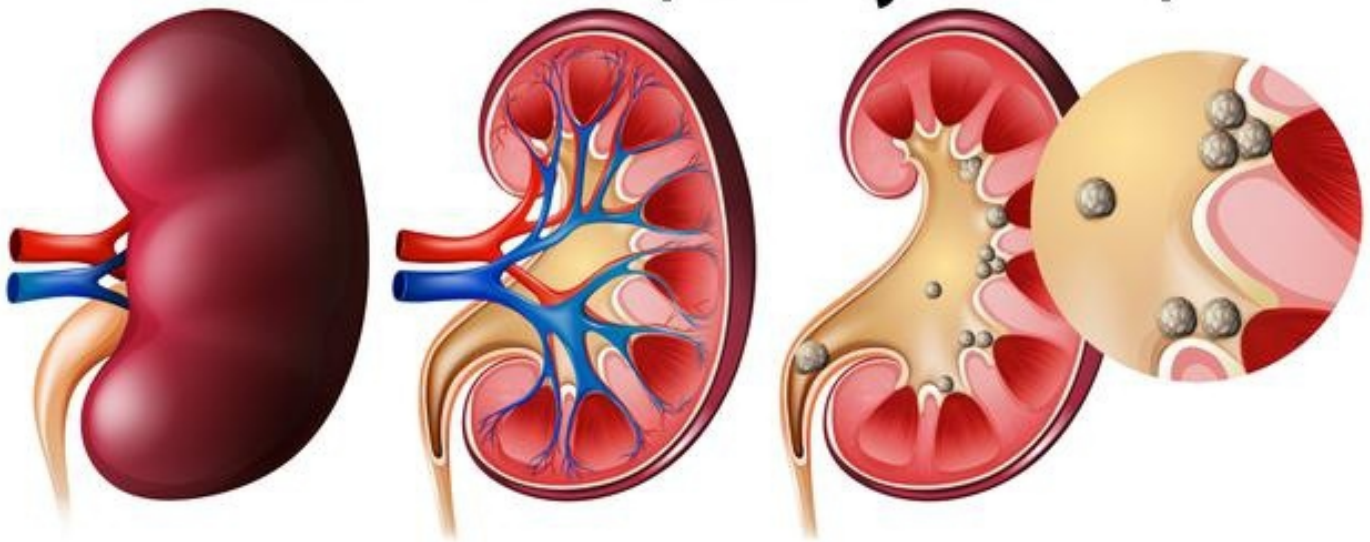
Kidneys are very essential in the human body because they process and flush toxins. Free radicals are all over the body and that is why drinking water is highly recommended to smoothen the process. Having a massage also helps in making toxin flushing quicker and therefore having a hydrated body during a massage is an excellent idea.

What's more? Failure to hydrate your body lowers the immune system and can open a door for other illnesses.

Special Note: Just because it is fluid does not mean that it counts as water. In fact, some fluids such as caffeinated coffee, sugary pop, and sports power drinks can work against hydrating your body rather than for it.

One of our clients recently decided to give up coffee and was shocked to find that she had to go through withdrawals just like someone coming off drugs. To which I inquired, what is caffeine?

## Renal Calculi (Kidney Stones)



# Procedure to Follow During Ice Massage Hydrotherapy



1. Pick a pack of ice from the ice container and hold it firmly. You might want to use a cloth as a barrier against the coldness in your hand.
2. Rub the target area before applying ice to clear the initial chill that happens after exposing ice on the skin.
3. Now you are ready to rub the affected area with the ice and this should happen for about 15 minutes.

Note: the ice motion should be similar to one done during a massage session and should be gentle to avoid any form of injury.

## The 6 Best Times to Drink Water

### When You Wake Up

1

Because you don't drink while you're sleeping, you wake up already dehydrated and therefore you should refill your body.

### When Having a Headache

4

A headache can be a symptom of dehydration. For those with migraines, increasing water intake may help decrease migraine.

### To Regulate Hunger

2

Drinking a cup of water 30 minutes before a meal can help you feel more full and help prevent overeating.

### During, and After Exercise

5

Hydrating begins a day or two before exercise, you should not slam water before a workout in hopes of hydrating up.

### Before Bedtime

3

Even drinking caffeine or sugar can disrupt sleep and therefore water can act as a better alternative.

### During Midafternoon Dip

6

Rather than reaching for coffee or sugar to cure a midafternoon slump, drink water.



## Ensure a Hydrated Body During the Massage

Massage therapy can involve working with muscles to release toxins that have created undesirable knots decreasing your body's ability to properly flow circulation, lymph and more. As these toxins are released, they become poisons floating around in your body.

As a result, if you drink water before and after your massage therapy it will help to flush these undesired toxins out of your body thus dramatically increasing the results of your massage therapy session.

On more than one occasion a client has reported not feeling well the next day after a massage. When asked about their water consumption it is nearly always the case that little to no water has been consumed. Draining the water from the body without drinking water can lead to dehydration-related complications including a feeling of illness the next day. Thus, it is recommended you have enough water before and after a massage to avoid feelings of illness afterwards.





# Help Recover Sore Muscles After Massage

It is normal for muscles to get a little sore after a massage. Sometimes the soreness can get extremely soar especially if your body is dehydrated. An extra glass of water can lower the level of soreness significantly and that is why drinking water is essential before and after massage. Many recommend drinking 8 to 10 - 8-ounce glasses of water daily. We have personally done this with our own bodies and feel much better as a result.

## 8 Danger's Lurking In Drinking Water



### Special Notes

Chlorine is deliberately added to the US water supply to kill germs and pathogens, but when it mixes with other organic compounds it can create a few harmful byproducts. One of these byproducts, a group of chemicals known as trihalomethanes (THMs), has been linked to kidney problems and increased cancer risk.



## Helps in Weight loss



Attaining the recommended weight can be very challenging especially if you are using the wrong methods. Did you know one major cause of overweight is unhealthy metabolism? But how can you boost the metabolic rate? Drinking plenty of water is a game-changer because it helps in the burning of calories.

The proof that drinking water works was derived from a study done on 50 young women in 2013. In the study, women who drank enough water recorded significant weight loss. Another strategy of managing weight using water is drinking water like an hour before meals but avoiding it during the meal itself so as to gain the best value from the food you eat while lowering the amount of food eaten.





# Drinking Water is a Headache Relief Strategy



Did you know a headache is in many cases a symptom of dehydration? Study shows that 40% of the people who complain of headaches are dehydrated but it is unfortunate to say many don't even realize the cause of the headache.

Drinking water is a quick fix and to headaches and therefore people who experience frequent headaches should adopt a behavior of drinking water regularly. Drinking eight glasses of water a day is a sure way to improve quality of life because a hydrated body is a healthy body.

Sometimes a headache is a result of other health conditions such as malaria. If headache relief is not recorded via the use of water, you should visit your doctor for further investigations.



# Drinking Water Boosts Brain Energy



73% of your brain is water and therefore having the recommended level of water is key for a healthy brain. If your brain is running out of water the symptoms include lowered concentration and mood. In some cases, anxiety and fatigue happens and production lowers significantly as a result.

During exercise, the human body requires some cooling as well and this happens with the help of water. Body temperature determines the level of fatigue and it can act as a motivation to either continue excising or stop. Remember exercise requires a healthy brain as well and therefore having a hydrated brain can also affect you physically and emotionally.

## 5 Signs you are Dehydrated



### 1 Water intake pattern

The recommended water consumption is 8 glasses of water daily or 1/2 your body weight in fluid ounces.

### 2 Urinating Pattern

When last did you urinate? Did you know you should urinate 6-7 times a day? If this is not happening check your water intake pattern.

### 3 Rough and Dry Skin

If your skin is feeling dry and rough, it might be a signal by your body that you need to drink more water.

### 4 Feeling Hungry

Sometimes people don't differentiate thirst and hunger. Always check when last you drunk some water whenever you feel hungry.

### 5 Feeling Tired

Research shows that dehydration causes fatigue. Concentration and memory equally get affected by lack of enough water in the body.

# Hydration Affects Physical Performance



Everyone would prefer living a healthy life but sometimes the human body feels fatigued for no well-known reason. Before participating in any form of exercise you should ensure you are hydrated because exercise involves loss of much water. This should be taken more seriously by people who get involved in prolonged exercises such as athletes. The performance of athletes is heavily affected by the water levels.

In 2015 I took my first ever 1600-mile bike ride through the mountain passes of Idaho upon turning 50. The first day out of the gate on this journey a series of events took place which found me riding without water through very hot conditions. I began getting dizzy and disoriented as I rode on without water. I knew I was in trouble, and this was only day one of a 7-week event.

Not being able to find a water source became a serious problem. Especially since it was Sunday, and everything was closed. Including the gas station that I thought would bring me reprieve. Miraculously, as I turned around, I saw an officer sitting on the side of the road. Perhaps he was wondering why I was trying to enter a closed building. For me, he was a potential oasis of help. I explained my trouble to him, and he was glad to share some of his water with me.

My body immediately positively responded in a good way though I had to recover from issues with dehydration for the remainder of the day. Not consuming enough water can lead to dangerous situations that can become life threatening if not corrected in time.





## Final Thoughts

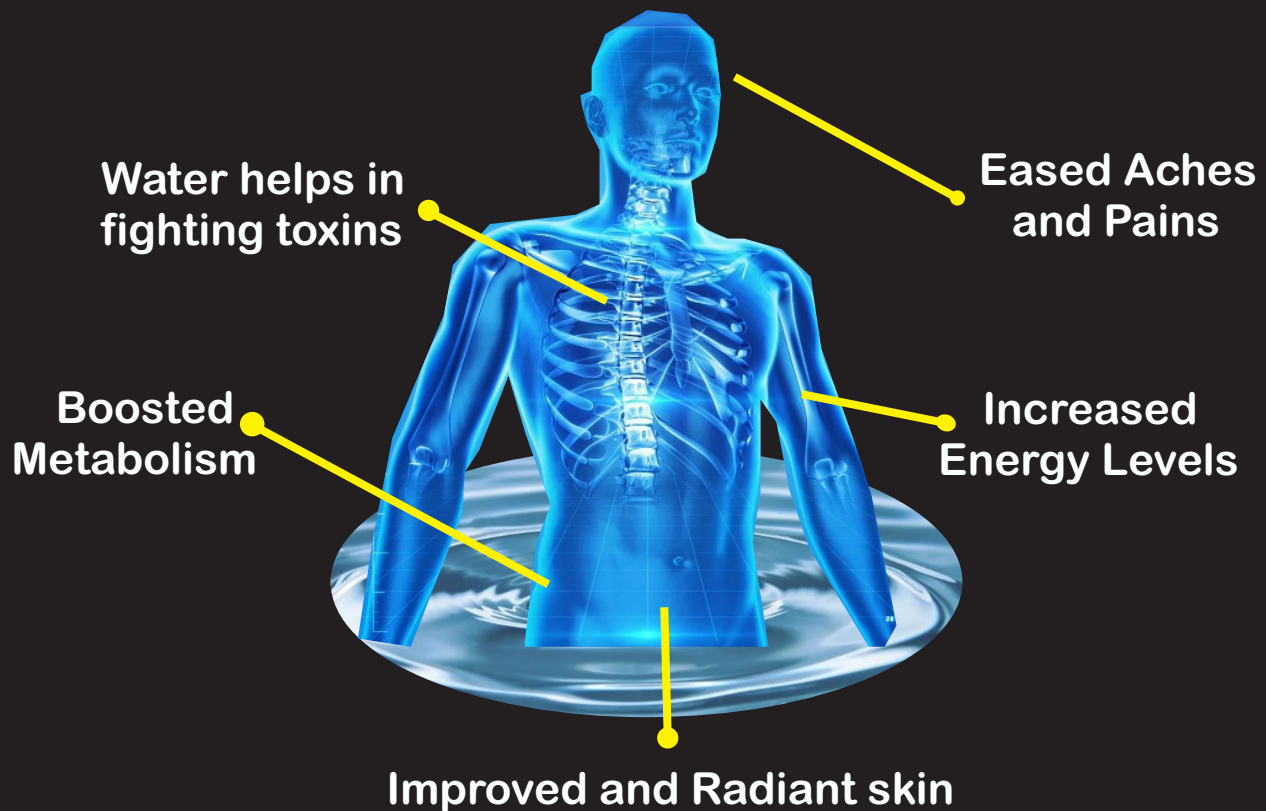


Water is released from the human body in many ways such as sweating, urination, or even breathing. It is important to know that you have to replace the amount lost by drinking enough water.

Always get water from safer sources to avoid suffering from contaminations that come from bad water.



### Start Your Day With Water? 5 Reasons You Will Benefit



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# Disclaimer



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Readers should consult their doctor or health practitioner before making any health changes, especially any changes related to a specific diagnosis or condition.

No information in this report should be used as a replacement for a treatment for a medical condition.

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## About the Author



Guy & Irene Siverson LMT's are Licensed Massage Therapists in Rapid City, SD who have seen firsthand the power of using water in their practice both internally and externally.

It is within this platform that they provide the following information about the power of water for the human body.

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