Hydration: Small Habit, Massive Impact - The 5 Non-Negotiables Series (Part 4) Transcript

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Introduction to Hydration

All right, welcome back. Another episode of Sibling RX. I'm Dr. Roddy. And I am Dr Yas and this is Winnie. That's Winny. Winni is here to talk about hydration.

She drinks a lot of water. So hydration is number four in our Uh, five non-negotiables. If you haven't had a chance to listen to the other three that we've talked about so far, they are, um, where are they, Justin?

In our playlist. They're in the playlist, go over there, listen, to it, watch it. And if you have questions, comments, please let us know. We hope we're providing good content.

Again, want to thank everybody that's been listening and viewing and giving us comments or text messages and things like that. That's really cool. And again, if you have any questions or anything, just send us a message or comment in the thread and we'll get to it.

Yeah. So that's great. I mean, this is like a topic that requires no notes or no real research because it's just. Drink water. All right, we'll see you next time.

So obviously living in the desert, it's very easy to be dehydrated and whatnot. Thinking that we're hydrating with Starbucks. Are you looking at my shirt right now?

Aren't you loving my shirt right now? It makes me gag a little bit. I was waiting for her to comment on my shirts. My shirt is so awesome. It's so soft too.

Oh yeah, I'm sure. Anyway, so I have a question for you. Why don't we drink more water? Why do you drink water than you do? I drink a lot of water. If I drank any more, it would be peeing all the time.

What's interesting is what people don' know is that we saw this in clinic all of the times. with chronic migraine patients, hydration is huge.

Why Hydration Matters

And, and a lot of times they don't know they're dehydrated and they know that they need electrolytes and then we add electrolyte to their protocol and it's like their headaches get better.

It's amazing. That midday fatigue that happens when people are dehydrating, obviously your cognition, there's so many things that are off when your body's not hydrated.

I think the rule of thumb we used to always tell patients was 50% of your body weight in ounces of water. So if you weigh 200 pounds, a hundred ounces a water that you should consume, it's a lot of.

Um, I know, uh, still in the clinics, we have kind of a chart in, in It's a chart color code. If your urine is this color, you're dehydrated. So the darker the urine, the more dehydrate it.

You're barring any other systemic kidney issues that you have or whatnot. Right. Or if you've just taken your vitamins clearly, your urine's going to be…

Yeah. Which makes your… If you just took your DIMM and you go to the bathroom, don't freak out. It doesn't be wrong with you. But I mean, if we think about it, this water bottle is 25 ounces.

You have to have four of those. Yeah. If you weigh 200 pounds, right? I mean, I literally drink probably six of these a day. So, yeah. And here's what it's always interesting when people go, oh, don't like the taste of water.

You know, like, the way it tastes or because it doesn't taste like anything. Put some lime in there, put a lemon in their squeeze, a drop a little drop of stevia or whatever.

Or even electrolytes. Yeah, electrolyte that are good and not sugary that give it a bit of a flavor. I know for me, I don't like to drink room temperature water or warm water.

Cold water, water with ice, that's more satisfying than something that is sitting around for a few hours. pH of water, alkalinity. Hydrogen water. And I mean, there's so much.

Who's to say? I know it's hard to see. We should talk about that because there is bottle. You go to the you know, you go the store and you're going to buy a bottle of.

Water or you. Know, or there are so many different choices. So many choices, but wait, let's back up, though. Why is hydration so important? It's just your body needs water to function.

Well, it's all of our cells that are made up of water, right? Everything is needed. And we are living in a world of dehydration. Everything that we do, whether it is foods that were eating or out and about, especially like I said, living the desert, is very easy to be dehydrated.

If you're not getting the optimal level of the water you definitely can feel it. I don't think people really realize it until they get their daily quota in.

They go, wow, I felt better, slept better. But you know you can go like a month without eating? Yeah, but you can't even go more than five days without drinking water.

Water is really important. Yeah. Um, so the types of water, obviously the, the containers that comes in, that's always an issue. Reusable hydro flasks or whatever people use are better than just plastic here, plastic there and all that stuff.

Of course, if you're Jumping on an airplane, you're in the airport, and you need to grab a bottle of water. Grab a bottled water, take it with you. Unless you are at LAX, then they have no plastic at lax.

Oh, really? Yeah, they just pass that. Is it that Irwan water? It's like $45. I know, right? For one small thing of like… Although I did spend $40 on water at the Airport the other day.

Like literally for three bottles of water. So the different types of waters, like the pH water, the alkalinity, electrolyte water..

Water Intake Guidelines and Signs of Dehydration

. Hydrogen water? I mean, ultimately, if you're a water connoisseur, it's great to drink what you like. You know, they have even volcanic water and they super mineralized water.

I actually bought some at Sprouts. It was, I can't remember the brand, but it was the most mineralize water that, because I follow this water guy on Instagram and he evaluates all the different waters.

And he recommended that if you have a certain amount of mineral in the water, that's the best for you. So I looked for the amount And I can't remember what the amount was, but when I opened it up and I, I drank it and.

Salty. No, it tasted like. They took a rag and they just like, they cleaned the whatever. And they took the rag, and just put it in that bottle. It was so disgusting.

I couldn't drink it. So gross. Drink what tastes good. Obviously not soda or anything. But make sure it's just water. If you have to add flavor to it, I drink amino acids in my water all day long.

Which is great for muscle building. PH, if you like the way alkaline water tastes, great. Drink it. If you don't, dont drink it if. You like sparkling, whatever.

Just drink good quality spring water. Distilled water is actually really good for you. I know in dental offices, they use distilled for all the cleanings.

Super good. Very, very hydrating to your cells, your mitochondria. So that's really good for you. You drink a cup of water in the morning when you first get up?

Always. Yeah, I need to start doing that again. I used to do that. Just go straight to coffee now. But it's supposed to really help you in a lot of different ways, right?

Well, because when your sleeping, you're dehydrated. fasted and you're, you've been sleeping plus your body is recovering. So it's working all night while you, while your sleeping.

Um, drinking the water just helps replenish. You feel better even before. I just put a, I put glass on my bedside. before I go to bed. And then I know in the morning when I take my thyroid medication, I drink the rest of that water and that's it.

When we talked about movement a few episodes ago, we talk about how important it is for kids to see their parents move and be active and all that stuff.

This is just another thing that I think it's important to get your kids educated on the importance of hydration because most of them are sitting in that line at Dutch Bros and they can enjoy all the things that teenagers or kids enjoy.

It's really, really important that they know that if there's an option, when you go to a restaurant between what would you like to drink? Would you a lemonade or water?

You know, just making sure that, they understand the importance of getting water in on a daily basis.

Types of Water and What to Drink

Again, living where we live in Arizona, it's hot, kids are active. They're outside, They are playing sports. Super important to make sure not only they're drinking enough water or have enough with them, but also maybe throwing some electrolytes in there so they are getting all the other nutrients they need to properly hydrate.

Yeah, I mean my kids, my girls, they always only have drink water. You know, the only time they've had even juice is at other people's homes. So we don't even…

When they come over to our house, we just give them a Coke. Yeah. I know. And Gatorade. Gaterade, yeah. With a red dye floating… I just have it outside.

Just holding it like here when they came out. IV. Don't tell my mom. All right. But going… So you were saying, going back to… making sure you're drinking enough water, um, old people and even not old.

Um, one of the things that really is, gets affected by water is blood pressure. Yeah. So if you dehydrated, yeah. If they're not hydrated enough, their blood, pressure drops and then they faint.

Then they break a hip and they hit their head. Or they. Hit their. Head. Uh, so that's a huge issue. I'm when, uh, Sid was, uh, recovering from surgery.

She's not a big water drinker. Sawyer, her twin, my twin sister drinks water, like chugs it all day long. But Sid is, she

drinks. Water, but she doesn't drink anything else, so when she was recovering.

From surgery, She didn't eat a lot and she. Was sleeping all. Day. And she was dehydrated. And so every time she got up to move, she fainted. So she would fall.

I had to basically monitor her 24-7 to make sure she doesn't fall and hurt herself. people that are elderly that kind of limit their water intake, primarily because they don't know that they're supposed to be drinking water.

But then it's also the, well, I got to get up and pee a million times a day. And they might have, you know, other things going on. So I understand that, but I think that's important to get that hydration in as best as possible.

I know we're talking about water, but hydration and getting an IV is helpful too. If you're suffering from something, if you have a cold or flu and you ran a race and your depleted and dehydrated, IVs are another good way to really rehydrate your body, get those minerals and all those good things in to get your back at that state of balance.

Everything's about homeostasis and balance and function. So that's important. What else about water? I mean, it's a pretty easy topic. Pretty basic topic, yeah.

I think you have to enjoy yourself, right? But you also know the things that you need to do. If you like to go get a coffee in the morning or afternoon, or if you're eating a favorite meal, you'd like a certain drink, do it and enjoy yourself, but always make sure you're getting your water levels in because you just going to function better.

Yeah. And even, even if you going out for the night and you were going have some alcohol, making sure your drink water between drinks really helps your, your hangover, right?

You're not it because hangovers dehydration, so it really helped. I mean, Chris does that really well, like in between and he's never hungover. Yeah, just making sure you're hydrating.

So easier to drink water when it's hot out. In the wintertime, it is harder for people to stay hydrated because they're cold or whatever it it. But it still important year round, not just in the summer months when its hot and we're walking around dehydrated.

We're walk around hydrated. 12 months out of the year.

Hydration Habits for Families and Recovery

So you got to do whatever you can to get the water in. Great for recovery, muscles, you know, and recovery from ailments and sprains, strains, your muscles need it.

And how about, I don't mean to laugh, but how bout the people that visit here in the summer and they decided to go hike camelback. Camelback at three in afternoon with a thimble of water in their pocket.

I don't get that. And it's not even the water you drink while you're doing it. You have to hydrate 48 hours before you even like something like that, yeah.

It's interesting. Well, one thing I do anymore in restaurants is I will not, even if I get sparkling water or any drink, I never let them put ice in my drink.

Do you know why? Because the ice isn't filtered. It's not filtered? Yeah. And you should never, even if you live, I mean, maybe if live in a mountain town, it's fine to drink the water out of the tap, but anywhere else, they say that the Water in California tastes great.

Okay, well I'm never touching that water. Like I will never touch any tap water unless I'm in a mountain town. No, and it's true because when we go to Flagstaff, the water there is so good.

We don't ever buy water. But I mean like a real mountain, town, not Flagsta. Seriously, you can literally drink the tap. Put it in the fridge, nice and cold.

The water is great. Here, there's like all kinds of shit floating in your water if you know. Yeah, but it is not even that. It's really like, all the pesticides and runoff that goes into the sewage system and the the city plumbing and all of it.

Even if you're in a mountain town, that stuff still gets in there, but it's just the ice. I will only order bottled water. Your phone is always gonna…

I know, I thought I put on Do Not Disturb. The water that is in a glass bottle, not in plastic bottle because, you know, all the microplastics and everything, but just getting really good quality water.

When you drink good-quality water, water you can tell the difference. you know, you finish that whole bottle of mountain spring water is you're going to feel so much different than if you were to drink like, Nestle, a bottle water and plastic.

Yeah. Get it in, obviously drinking out of something that is a good source is good, but if can't just getting it and somehow. Absolutely. I mean, always want to avoid the microplastics.

But if and definitely everyone should know this by now, if they don't never leave a plastic in your car with water and then drink the water. Or if you buy cases of water, don't leave it in the garage or in a garage.

Well, yeah, in Arizona. Yeah. But yeah. Never, never drink that water is just filled with microplastics. And then, you know, before you have like where they say the average person walks around with like five credit cards worth of of plastic and their body.

It's crazy. They're finding micro plastics and semen in men in like all different ages. Wow. Yeah. That's crazy. Great. Well, um, key is to hydrate as much as you can.

Obviously 50% of your body weight in ounces of water a day. If you don't like the flavor, change it. Put something in there, put some lemon, puts them, they have flavorings that are, that non, uh, you know, non-toxic type flavoring.

You can get amino amino acids, can you get different, Um, electrolytes powders put in their, their all really good options. Um. But just making sure that you're getting enough water, half your body weight in ounces is ideal.

And then, you know, if you can, just make sure it's not in a plastic bottle. Yeah, for sure. Awesome. Well, until next time, our last non-negotiable is probiotics.

Yes. Free and probiotic coming in the next couple of weeks or so. Something like that. Again, thanks for listening. Please make Share this, like us, subscribe, all those things.

We're, again, very appreciative of the people that are engaging with us on this.

Final Tips and Outro

This has been really fun and we'll see you next time. And any questions, comments, just make sure you drop them in and will get to them. Any and if you have any question about any of supplements or anything we've been talking about, please let us know.

Will help you out and guide you in the right direction. All right. Thank you. The information provided in this podcast is for educational and informational purposes only and is not intended as medical advice.

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