

Medical Edge Radio from Mayo Clinic

Fluid Intake

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
Nats of water filling glass	YOU'VE PROBABLY HEARD IT AT SOME TIME OR ANOTHER. YOU NEED TO DRINK EIGHT GLASSES OF WATER A DAY.
Dr. Donald Hensrud	"I DON'T THINK THERE'S ANYTHING MAGIC ABOUT EIGHT GLASSES A DAY, AND THAT'S CHALLENGING FOR ME TO GET IN DURING A DAY, AND I THINK FOR MANY PEOPLE."
	MAYO CLINIC DR. DONALD HENSRUD SAYS HE DOESN'T KNOW WHERE THE "EIGHT A DAY" IDEA CAME FROM. BUT HE DOES KNOW THAT WATER AND FLUID

	<p>INTAKE ARE ESSENTIAL FOR GOOD HEALTH. HE SAYS HOW MUCH WE NEED TO DRINK IS DEPENDENT ON MANY FACTORS, LIKE PHYSICAL ACTIVITY, HOW HOT IT IS...EVEN AGE AND BODY WEIGHT CAN MAKE A DIFFERENCE.</p>
<p>Dr. Hensrud</p>	<p>“AND IT DEPENDS ON THE FOODS THAT WE EAT ALSO. IF YOU’RE EATING VEGETABLES AND FRUITS... THEY CONTAIN A LOT OF WATER WHERE AS FOODS THAT ARE HIGH IN PROTEIN AND FAT REQUIRE WATER TO DIGEST. “</p>
	<p>SO GO AHEAD AND FILL UP ON WATER. IT’S ONE OF THE BEST NUTRIENTS THAT YOU CAN PROVIDE FOR YOUR BODY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
