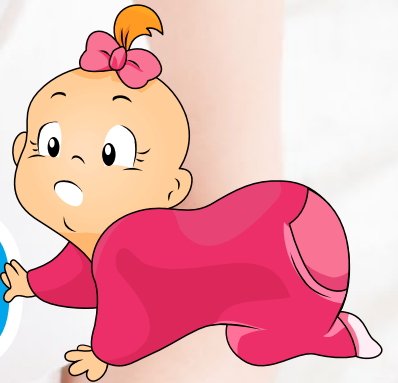


Drinking For Two



Did you know that good hydration is extremely important for a healthy pregnancy and postpartum period?

Your body is dehydrated when it loses water faster than you can replace it. Without enough water, your body literally dries out and can suffer a myriad of problems. Becoming dehydrated during pregnancy is not only harmful for the mother, it is also dangerous for the foetus.

Water, water everywhere

The importance of water cannot be understated. Water makes up the majority of your body parts, as shown by the following statistics:

- Whole body - 60%
- Brain - 70%
- Muscle - 75%
- Blood - 82%
- Bones - 25%
- Skin - 80%

Water is also necessary for a wide variety of bodily functions, from regulating blood pressure to maintaining brain function to managing blood flow and body temperature. You need water to aid digestion, flush out toxins, lubricate joints and maintain the integrity of every cell in your body.

And when you are pregnant, hydration is doubly important. After all, you are taking care of two lives, not one.

1. **For Mommy:** Morning sickness can dry you out - all that vomiting purges your body of water as well as last night's dinner. Dehydration can cause nausea, which makes it difficult to keep water down, and worsens your condition. Dehydration can also cause a rise in body temperature, which can lead to heat-related illnesses like heat exhaustion and muscle cramps.
2. **For Baby:** If there isn't enough water early in the pregnancy, there isn't enough amniotic fluid in which your foetus can float in, resulting in deformities of the extremities. Dehydration during the second and third trimester can also lead to premature labour due to an increased level of oxytocin, the hormone responsible for contractions.

Dodge dehydration

How do you know when you're dehydrated? Obviously, you would feel thirsty. **Lest you mistake thirst for hunger, chug a glass of water to see if the feeling goes away. Also keep a lookout for these other signs:**

- Dizziness and lightheadedness
- Dark yellow urine
- Urine with a strong odour
- Inability or reduced need to urinate
- Dry skin, mouth and nose, and chapped lips

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Eight glasses of fluid a day is the daily recommended amount, but if you spend a lot of time in a dry air-conditioned room (like an office) or outdoors, down one glass per hour for good measure.

- Weakness and low energy

You can also lose water through sweat. After exercise and on hot and humid days, make sure you drink more water. Keep a bottle of water on hand during air travel too, as the dry atmosphere in the cabin can draw moisture out from your skin.

How much to drink?

Eight glasses of fluid a day is recommended, but if you spend a lot of time in a dry air-conditioned room (like an office) or outdoors, down one glass per hour for good measure. Avoid caffeinated drinks and drinks with a high amount of sugar, as these have a diuretic effect, causing you to urinate more.

Most of the time, symptoms of dehydration will go away as soon as you drink some water. However, if you feel that your dizziness and fatigue are severe, don't hesitate to call your ob/gyn immediately.



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If that is the case, you may need to be hospitalised and receive IV fluids to rehydrate quickly.

Go alkaline

Alkaline water has a higher pH level than tap water. Some proponents say that it can neutralise acidity in the bloodstream, boost energy, increase metabolism and aid absorption of nutrients; others say that alkaline water can help build immunity and slow the aging process.

Some of the purported benefits of alkaline water include:

Healthier bones

A 2009 study revealed that drinking alkaline water, along with adequate calcium intake, reduced bone erosion and increased bone density and strength in women compared to acidic water. Expectant mothers are at greater risk of osteoporosis than women who are not pregnant, so regular intake of alkaline water may be beneficial in the long run.

GERD relief

Take a stroll in the pharmacy and you'll find antacids and acid reducers, both of which are alkaline and are widely accepted (though temporary) solutions to acid reflux symptoms. Alkaline water, whether bottled or treated with a water filter, can help reduce the discomfort that accompanies gastro-oesophageal reflux disease by keeping the pH of the stomach neutral.

Better hydration

According to a 2010 study, participants showed better hydration over a four-week period among the individuals who drank alkaline water as compared to those who drank tap water.

So if you're looking for the best for your pregnancy, alkaline water may be for you! **LWB**

You can have all the benefits of alkaline water right in your own home. **Kemp Trading** has more than 20 years expertise in this industry, and is the dealer for the **Jupiter Alkaline Water Ionizer**. To date, their water ionizers are sold in over 60 countries, offering a range of renowned brands bearing Consumer Trust and Business Trust logos.



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