DRINK UP! HOW WATER CAN BOOST YOUR RECOVERY

November 6, 2017[Garrett](https://www.theriversource.org/blog/author/garrett-kitchens/)[Healthy Living](https://www.theriversource.org/blog/category/healthy-living/)

Recovery is more than stopping the use of drugs and alcohol. This is a time for the body to repair itself. To accomplish this, recovering addicts must focus on eating a nutritious, well-balanced diet that consists of vegetables, fruits, whole grains and lean meats. However, many people forget the importance of hydration.

Keeping the body hydrated is crucial, as it can boost recovery and speed up healing times. Let’s learn more about the role that water plays in the recovery process.

Why Dehydration is a Major Health Problem

Water is essential for the body to function. The human body is made up of 65 percent water, which is needed for various processes and reactions such as circulation, metabolism, body temperature and waste removal. If the body doesn’t have enough water, these physiological processes can be impaired.

Unfortunately, many people spend their days dehydrated. According to a [recent study](https://articles.mercola.com/sites/articles/archive/2015/06/29/kids-not-drinking-enough-water.aspx), more than half of American children are dehydrated and one-quarter do not drink water on a regular basis. Adults are no better. A [2013 report from CBS](https://www.medicaldaily.com/75-americans-may-suffer-chronic-dehydration-according-doctors-247393) found that up to 75 percent of Americans may suffer from chronic dehydration.

Signs of Dehydration

Once the body has lost 1 to 2 percent of its water content, it sends a signal to make you feel thirsty. By the time thirst kicks in, the body is already dehydrated. Here are some of the signals that the body needs water.

* Fatigue
* Dizziness
* Muscle cramps
* Poor concentration
* Mood swings
* Bad breath
* Infrequent urination
* Chills
* Joint pain
* Constipation
* Headache

Water’s Role in Recovery

Being dehydrated can lead to hunger cravings, in particular, sugar cravings. Managing these cravings is imperative during early recovery, as they can be mistaken for drug cravings. Keeping the body hydrated gives the body an extra layer of protection against relapse.

Water also plays an important role during detoxification. Proper hydration helps the body be efficient during detox and withdrawal, as it flushes toxins out the digestive and urinary systems. With the removal of harmful toxins, cravings are reduced. Also, proper water intake helps the body’s cells revert to their normal state.

Summing it up

Eating a balanced diet is one of the best things you can do for your body in early recovery, but don’t overlook the importance of staying hydrated. Water is best, but fruit juices, flavored water and tea are good choices as well. You can also get water by filling out your diet with broths and soups and drinking water with each meal.