It seems so simple and many times overstated, but water is a basic necessity of life! We need to drink to stay alive. But beyond the basic necessity of water to live, we need water to keep our cells healthy and functioning their best. Nowhere is this more apparent than in the appearance of our skin.

The role of water or hydration in our skin health is multi-faceted. Our body requires water to carry nutrients to the cells, flush out or excrete toxins and aid in digestion. Without proper hydration, skin is dehydrated – flaccid and wrinkled. Water within the cells plays an important role in many metabolic pathways, including energy production. Without water the nutrients we eat may not be delivered to the cells! To encourage healthy cell turnover and reveal new skin, you need to be properly hydrated.

At times you can be properly hydrated from the inside, but if you have fat imbalance or inflammatory issues going on, your skin will still appear dry. We must have a certain level of cellular hydration that comes from the diet, and also the right balance of internal factors that help retain moisture on the outside of the skin.

The first step to proper hydration is getting enough water into your body. We are talking about pure, clean water. Filtered tap water is best (avoid plastics which contain trace toxins). Mineral water in glass bottles is also a good choice because it provides essential minerals. Also follow your thirst cues. Many times people mistake thirst cues for hunger. Before responding to what you think is a hunger cue, try drinking a glass of water or herbal tea to see if that's what you really need.

Challenge This Week
Hydrate for healthy skin by consuming 8 cups of hydrating liquids and foods per day.

Good Choices for Hydration Include
- Water and mineral water
- Herbal and green tea
- 100% fruit juices or milk in moderation
- Water-packed foods like watermelon, berries, grapes, grapefruit, yogut, lettuce and tomatoes.

Alcohol and coffee dehydrates your body, so consume in moderation and do not count towards your 8 cup goal.

Hydration takes many forms, not just drinking water. Continue to build upon our series of healthy lifestyle choices this week to support optimal skin, by adding hydration to your list of priorities.