

Reflexology and the Urinary/Renal System – The Water-works!

Remember that headache, and sleepless night? Considering **our bodies are 60% water**, low water intake can often be a culprit. When I give a reflexology treatment, it often becomes apparent which individuals might not be drinking enough water.

Opinions vary, with recommendations we drink **eight** glasses of water per day, to as many as **fifteen** glasses per day for men and **eleven** per day for women.

How much water do you drink per day?

Did you know:

- Our kidneys filter about 400 gallons (1,400 liters) of blood every single day. In the process, they form urine, but have other equally essential jobs to do.
- Urine is formed to remove wastes from our bodies.
- Whenever the cells throughout our bodies do their jobs, they produce waste products. Examples being: urea and ammonia.
- The kidneys play a role in regulating our blood pressure by removing excess water from our blood, help control pH, or level of acidity, stimulate red blood cell production in the bone marrow, and control the amount of sodium, calcium, magnesium, and potassium in our blood.
- Special cells in the kidneys monitor the level of oxygen in the blood. Other specialized cells in the kidney activate the vitamin D that is made by the interaction between skin cells and sunlight. Vitamin D's presence is necessary for bones to be able to convert calcium into bone tissue.

During a reflexology treatment, as well as the reflexes from the Nervous, Endocrine, Respiratory, Cardiovascular and Digestive systems, the reflexologist will work the **kidney, ureter, and bladder reflexes of the Urinary/Renal System**.

My challenge to you: **Drink a minimum 8-10 glasses of water per day**. (This doesn't include herbal teas!)

If you do suffer frequent headaches, it might be interesting to note whether an increase in water intake helps decrease the frequency of your headaches. And, with an adequate water intake, chances are you'll sleep better too.

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