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NUTRITION

Hydration & Joint Health

Water Your Spine

Why staying hydrated is essential for disc health and joint lubrication.

A free patient education guide from our doctors
(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Water is easy to overlook, yet it is involved in nearly every process in your body, including keeping your spinal discs, joints, and muscles working smoothly.

This short guide explains why hydration matters for your spine and joints, and offers easy ways to drink enough every day.

Your Discs Are Mostly Water

The gel-like center of each spinal disc has a very high water content. Throughout the day, the weight of your body gradually squeezes fluid out of your discs, which is one reason you are slightly shorter at night than in the morning. When you lie down to rest, discs reabsorb fluid.

Discs have very little direct blood supply, so they depend on movement and the fluid around them for nourishment. Healthy hydration and regular movement support that process.

Joints Need Lubrication

Your joints are bathed in synovial fluid, which reduces friction and nourishes cartilage. Cartilage itself is largely water. Staying hydrated supports the tissues that help your joints glide smoothly.

Signs You May Need More Water

- Dark yellow urine
- Thirst, dry mouth, or dry lips
- Headaches
- Fatigue or difficulty concentrating
- Muscle cramps
- Feeling stiff or sluggish

How Much Is Enough?

Needs vary with body size, activity, climate, and health conditions. General guidance from health authorities suggests total daily fluid intake from all beverages and foods of about 2.7 liters (about 11.5 cups) for women and 3.7 liters (about 15.5 cups) for men. A practical sign you are on track: pale yellow urine. If you have heart or kidney conditions, follow your doctor's fluid guidance.

Easy Hydration Habits

- Start your day with a glass of water
- Carry a refillable bottle and refill it often
- Drink a glass with every meal
- Add lemon, cucumber, or berries for flavor
- Eat water-rich foods: cucumber, watermelon, oranges, lettuce, soups
- Drink before, during, and after exercise
- Balance coffee and alcohol with extra water

Hydration + Movement

Water supports your discs, and movement helps circulate nutrients to them. Pair a water break with a movement break every hour for a double benefit.

Daily Hydration Checklist

- ☐ Glass of water on waking
- ☐ Bottle with you all day
- ☐ Water with every meal
- ☐ Water-rich foods at two meals
- ☐ Extra water when exercising
- ☐ Pale yellow urine

Common Questions

Do coffee and tea count?

They contribute to fluid intake, but water should be your main beverage.

Can I drink too much water?

Yes, though it is rare. Drink to thirst and adjust for activity and heat.

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YOUR NEXT STEP

Let's get you feeling your best again.

Ask our team about hydration and wellness products at your next visit, or call (630) 289-2225.

Book Now: (630) 289-2225

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