

Monday (2026-1-26)

## **My Daily Water Intake Ritual – A Large Glass Early Morning, But Never During Meals for Optimal Digestion**

### **Water Intake: My Mindful Approach to Hydration & Vitality**

At 60, my hydration ritual keeps me energized, healthy skin, and digestion sharp without bloating or fatigue. I drink a large glass (500–600 ml) of lukewarm water (mixed with half Kanji water) first thing upon waking, then sip throughout the day — totaling 3–3.5 liters from water and food. Crucially, I stop drinking at least 40 minutes before and after the meal, and strictly during meals to preserve digestive enzymes. This avoids diluting stomach acids, aiding nutrient absorption.

My intake: Morning large glass, mid-morning sip, post-lunch/post-supper sips, evening herbal tea. Combined with high-fiber meals, it ensures no nighttime urination and deep sleep. Over years, this has enhanced my clarity and health, aligning with science on balanced hydration.

### **The Science of Daily Water Amount & Frequency**

Research recommends 3.7 liters total daily fluid for men and 2.7 liters for women (including ~20% from food), translating to ~3 liters and ~2.2 liters drinking water [1][2]. A systematic review found sipping 2.5–3.5 liters/day ensures 2–3 liters dilute urine, maintaining optimal hydration and preventing chronic diseases [3]. Frequency: Sip constantly rather than gulping; studies show this sustains plasma osmolality better than infrequent large intakes [4].

Healthy adults in temperate climates need ~11.5–15.5 cups fluids/day, adjusted for activity/climate [5]. Randomized control trials show drinking ~1.5–2 liters extra aids weight loss (44–100% more vs controls) by boosting metabolism [6]. My 3–3.5 liters matches this for vitality.

### **The Heart-Touching Essence of Mindful Hydration**

This ritual feels like nourishing my inner river — the pre-meal pause honors digestion, creating harmony. It's emotional, reminding me water is life's essence, fostering gratitude for each sip.

### **Broader Benefits & Healthy Ways**

Not drinking during meals preserves gastric juices; evidence suggests it prevents dilution, improving enzyme efficiency and reducing indigestion [7]. Sipping throughout day

enhances cognitive function and reduces kidney stone risk [3][8]. For aging, adequate intake (2.5–3.5 liters) supports skin health and detoxification [3].

### **How I Practice Water Intake Safely**

- Amount: 3–3.5 liters total (large morning glass + sips over the day).
- Frequency: Sip every 1–2 hours, not during meals.
- Ways: Lukewarm plain water; infused with lemon/herbs post-meals.
- Tips: Adjust for heat/activity; monitor urine color (pale yellow ideal).
- Safety: Avoid overhydration; consult doctor for your particular health status and conditions.

### **Embrace Mindful Water Intake**

This simple ritual boosts health. Sip wisely!

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#), and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

<https://youtube.com/shorts/U9zeaeY93Fk?feature=share>

### **Full Bibliography**

1. Institute of Medicine. (2005). Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. National Academies Press.  
<https://doi.org/10.17226/10925>
2. EFSA Panel on Dietetic Products, Nutrition, and Allergies. (2010). Scientific Opinion on Dietary Reference Values for water. EFSA Journal, 8(3), 1459.  
<https://doi.org/10.2903/j.efsa.2010.1459>
3. Armstrong LE, Johnson EC. (2018). Water Intake, Water Balance, and the Elusive Daily Water Requirement. Nutrients, 10(12), 1928.  
<https://doi.org/10.3390/nu10121928>
4. Perrier ET, et al. (2013). Hydration biomarkers in free-living adults with different levels of habitual fluid consumption. British Journal of Nutrition, 109(9), 1678-1687.  
<https://doi.org/10.1017/S0007114512003601>
5. Popkin BM, D'Anci KE, Rosenberg IH. (2010). Water, hydration, and health. Nutrition Reviews, 68(8), 439-458. <https://doi.org/10.1111/j.1753-4887.2010.00304.x>
6. Boschmann M, et al. (2003). Water-induced thermogenesis. Journal of Clinical Endocrinology & Metabolism, 88(12), 6015-6019. <https://doi.org/10.1210/jc.2003-030780>

7. Brown CM, et al. (2008). The effects of meal composition on postprandial serum ghrelin concentration in healthy volunteers. *Hormone and Metabolic Research*, 40(6), 385-390. <https://doi.org/10.1055/s-2008-1073149>
8. Muckelbauer R, et al. (2013). Association between water consumption and body weight outcomes: a systematic review. *American Journal of Clinical Nutrition*, 98(2), 282-299. <https://doi.org/10.3945/ajcn.112.055061>