

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

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