

WHEN YOU GOTTA GO, YOU GOTTA GO

There is a significant number of people on-the-go, who really don't drink much water because they can't hold it for very long after drinking it! You know who I'm talking about here. These people tend to take those quick trips to the bathroom, soon after drinking anything liquid. It can be quite a challenge, traveling with such a person who has-to-go when they have-to-go, when they think they have-to-go! If you are one of these types, or know someone who is, then you know exactly what I mean! Traveling people similar to what I am describing, might say something like this, before boarding, "Oh, I really can't have that drink right now... Cause if I did, I'd really have-to-go!" As a friend or relative traveling with such a person, have you wondered why they have such a short liquid fuse?

First of all, I'd like to make a case for anyone who reacts to water in this way. They are probably doing what any of us would do in a similar situation when feeling the need to go, so soon after drinking something as good and necessary as water. It's a sign that, at some level, this person is not healthy.

Yes, it seems to be true, by the way, that less drinking seems to curtail the urge of having-to-go so soon after. Their "no-drink" technique does seem to work for them, at some level. Yet, this type of response will prove more fitful and dangerous to their health, over time, as more and more infections and kidney issues develop, as well as other challenges emerge. There's good news a-comin', so keep reading.

I would like to explain how you can get over this kind of predicament. It is not good for your kidneys. Instead, I suggest a better way to travel and spare yourself the health issues that less water-drinking causes. Most Americans today, for whatever reason, are notorious for not drinking enough quantities of pure H₂O.

First of all, acids are bad for human beings. Acids produce sickness, disease, and premature aging and lead to more accidents and injuries too! Therefore, acids building up in the body are not a good thing! So, it makes sense to understand the acid elimination organs, because these organs help us keep your body's pH level more balanced and slow down an accelerating aging process. These elimination organs are your lungs, your kidneys and your skin.

Our kidneys specialize in getting rid of the stronger acids. The first process is to help our kidneys do their job more easily, to allow the body to move the waste products through the blood vessels first, then on to the kidneys and out through the urinary tract. The kidneys help neutralize acids so other organs down line can do what they need to do to get their job done.

So, what is the quantity of acids that our kidneys can eliminate each day? It may not match the quantity of acids you consume in a day, or the acids produced by the body on that day. If you reduce your acid intake by way of diet, this can help a little, but it's also important to stimulate the kidneys to increase the amount of acids they filter and void. When the kidneys don't get rid of enough acids, they eventually slow down and form stones. This becomes an additional part of the problem, as time goes on.

So, what are kidney stones made of anyway? The same crystalline particles that come from these same formed acids, that need to pass through the kidneys and out of the body through urination. The whole point for people who think their kidneys aren't doing too well are probably correct. They may feel restricted because they have to urinate so much so soon after drinking water. Therefore, this kind of person may tend to go to the bathroom too much and may swear off drinking liquids of any kind to minimize their urinary urgencies! They've come to believe through experience, that their urination urge, is simply triggered by drinking, which is understandable. They associate the drinking of fluids with going to the bathroom, and so they just don't drink. What a terrible place to be in, as their kidneys load up with waste products and debris!

If this describes you, then you probably have a low tolerance for liquids because your kidneys and bladder cannot process and hold as much as they should. They cannot maintain their normal working capacity. Both have now moved into insufficiency and have become more susceptible to kidney problems and travel issues. As this develops further, the kidneys are getting functionally smaller, and cannot fill with as much liquid to process. So instead, crystalline particles start to form inside, making for even less room, leaving the whole urinary system progressively more compromised every minute! By the way, each of the crystalline particles will eventually coalesce into kidney or bladder stones. If you don't have a kidney stone attack some day, you will at least live with a diminished capacity in your kidney function witnessed by drinking, then having to go to the bathroom, shortly thereafter. Please read on.

So, how do we break this gotta-go-when-you-gotta-go curse? Well, it may not be a matter of a kidney disease, but related to an insufficiency or kidney sluggishness or laziness, as previously stated. Just like anything else in the body, if you don't use it, you lose it! Believe it or not, this is strikingly clear in the case of your kidneys! The primary way to stimulate the kidneys and beef them up, is to increase the amount of liquids we pass through our genital urinary tract.

Most of the kidney filtration process is oriented to the difference between the blood pressure that pushes into the kidney filter itself, opposed to the resistance that it gets from the kidney's filtering network. So, if you get your blood pressure higher, (in water, that is), the raised water pressure will push through these filters in the kidneys and all the trapped acids, particles and debris are removed from the blood and flow out through the kidneys. People who have these kidney and urination issues do not favor the higher blood pressure needed between the blood's source of water vs. the filtration resistance in the kidney.

In fact, they are living with an opposite pressure gradient that keeps the blood from being cleaned of its acids, and the kidneys keep loading up as well! Thus, the kidneys lose capacity and become more resistive to the lesser water gradient and you will feel a strong urgency that you have-to-go, soon after drinking water. So, if you don't drink...what do you do?

First, start drinking more water than you are normally used to drinking. This will increase the blood volume, which then exerts greater pressure on the kidney resistance and the inevitable result of that higher pressure coming from this blood supply will result in more urination. This increase of beautiful pure water will stretch out your shrunken, half-blocked kidneys!

If you think about the whole cycle of urination, it is prompted by the amount of liquid in the body that causes you to produce enough liquid pressure over your kidney's threshold tolerance! And the key is to start this daily process, traveling or not. So start thinking... "If I'm going to urinate, then I'm going to drink water"...in that order. Here, the quantity of water consumed is the key.

This will cause the liquid level of your total body to climb above your threshold. This triggers a new elimination level automatically and adds volume in your blood. This higher volume of liquid will be more of an incentive to flush more acid out of the body. You will have a cleaner stream of urine that is more diluted. The more liquid that travels through the kidney, the healthier it gets, brought on by the higher blood volume and added pressure. That's important! The more water that travels thru the kidney, the healthier it gets. The more you use your kidneys and urinary bladder as discussed here, the longer these organs will live and function.

Dr. K's "Tink-A-Link" To Do List

1. Right after urination, drink as much water, equal to what you have eliminated by way of urine. This allows you to change the threshold of tolerance of liquid stored in your kidneys and urinary bladder.

2. Drinking enough liquid over the course of the day will create a new urinary cycle, a new reality in your kidneys, bladder and your whole urinary tract! This new reality will allow your kidneys to reframe a new and higher capacity for holding liquid by removing more debris, allowing for more storage capacity, making this great for people who travel and don't want to be tied to a bathroom. You really do want to drink sufficient amounts of water, as you should!

Although we haven't discussed the elimination system in any great detail, keep these concepts in mind, especially when traveling! Strive for these simple changes in your daily routines and remember to "Tink-A-Link....Take-A-Drink." When you go...drink the same, in water. Do it now!