

How much water should you drink?

It's pretty much bandied about that we should be drinking 2 litres of water a day. This is an average for most people.

Here's a great way to work out how much you should actually be drinking.

Your weight kg times 0.033 = litres

And if you have a bladder weakness problem you may be tempted to drink less...but this will only make your bladder irritated and you will get increased sensation of needing to pee!

Drink more water by:

- Having your own special bottle
- Having a glass of water every time you have a hot drink
- Put a squeeze of lemon or a sage leaf in it.
- Use a straw

Or just know how many glasses make up your recommended quantity - 2 litres is about 8 glasses.

Your pee should be the colour of pale lemon yellow – if you are getting enough water.

And the added bonus of enough water should be perfect poops – Easy slide out, smooth, smell free, wipe free and about 30cm per day...

