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HUMAN ANATOMY Human Anatomy Water is extremely essential for any healthy person. It serves several significant functions in a body. These functions include; cushioning joints, helping in the metabolism process and keeping the skin sample. Inadequate drinking of water in a day can result to body fatigue, headache and restlessness. Dehydration is also bound to develop as a result of drinking inadequate water for a long time (Patrick, 2004). However, drinking lots of water can also be problematic. The immediate biggest problem is urinating frequently. This is because a kidney cannot process more than three cups of water in a given hour. According to Patrick (2004), the average capacity of the human bladder is 600mls. However, the urge to urinate becomes apparent when the bladder holds water urine above 250mls. Intake of a lot of water increases the amount of the urine contained in the bladder and as a result, the urge to urinate increases. This leads to the frequent urination.

This problem can be curbed by use of replacement approach. According to this approach, an extremely active person or someone living in a hot climate region will naturally need a lot of water. This is because he loses a lot of water through sweat. This approach involves drinking a lot of water that equals to the lost one. Therefore, to increase the water intake without having to increase urinating frequency calls for being active to ensure water is lost through the bowel movements, breathing and sweating.

This, when combined with the water needed for metabolism, then, one can reduce the water lost through urinating. On the other hand, frequent urinating can also be managed by spacing out the water drinking secessions.

References

Patrick, J. (2004). *A Guide to Healthy Drinking Water*. New York: SUNY Press