

Japanese Water Therapy

I started applying the Japanese Water Therapy. It suggests to drink about 1 liter of water right after waking up.

It makes intuitive sense to me.

The human body needs about [2-4 liters](#) of water per day. As a heuristic, you can say it needs 100 ml per hour. So if you sleep for 8 hours, you might need 0.8 liters.

It also makes sense that it helps with flushing out toxins, and potentially preventing headaches.

I've been drinking 100-300 ml of water after waking up anyways, and now I've upped it to 1 liter.

Further reading:

[1] <http://thegreencreator.com/japanese-water-therapy/>

[2] <https://alkaway.com/blog/drinking-water-wake-japanese-tradition/>

[3] <https://www.aox.com.sg/blog/wellness/ayurveda-way-japanese-water-therapy/>

[Thank you [Anuj Didwania](#) for the inspiration.]