

STAYING HYDRATED WITH WATER (H₂O) FROM THE THROAT TO THE BUTT

WHY ARE WE ALWAYS TELLING GUYS WHO PNP TO HYDRATE, HYDRATE, HYDRATE?

The human body is made up of 70 percent water (H₂O) and this water is crucial for keeping our pH levels balanced. These pH levels are important for our bodies to work properly.

WHAT IS PH EXACTLY?

It is a unit of measurement that indicates how acidic or basic something is. The pH of a liquid measures the concentration of hydrogen ions in a substance, which are hydrogen atoms with positive charges. The pH scale ranges from 0 to 14, with 7 being neutral:

- **Acidic:** A pH below 7 means the substance is acidic.
- **Basic:** A pH above 7 means the substance is basic.¹

The body has its ideal pH levels for optimal functioning (around pH 7.4) and our different internal organs are also pH balanced, e.g., *the rectum has a pH level between 7-8*. When we are dehydrated the molecular structure of the water inside our body changes and our body's chemical reactions are thrown off balance. The simplest fix for this is to make sure we are drinking sufficient amounts of water, which is about 15.5 cups (3.7 liters) of fluids a day for men.² This includes fluid from water, beverages, and food. However, when we party, we get dehydrated more easily, so it's a good idea to drink more water to stay hydrated.

In summary, water is important to prevent dehydration, regulate body temperature, detoxify the body of substances, maintain electrolyte balance, and recovery from hangover symptoms and overall well-being.

DOUCHING

With regards to pH in the butt. The rectum has a neutral pH of 7-8.³ Experts believe that it is recommended to douche not more than two or three times a week, using tap water for infrequent douching or normal saline for frequent douching. Avoid soap and chemicals that can cause irritation.⁴ Excessive douching can affect the mucosa tissue in the anal cavity cleaning off healthy/protective bacteria and altering its pH levels.

Maintaining a balanced microbiome is crucial for overall well-being and may improve sexual health outcomes, especially in the context of anal sex. (Refer to fact sheet section Gut Microbiome in Sexual Health and Well-Being)

Also, the anal cavity (rectal region) is delicate and is one cell thick. This makes the anal cavity susceptible to microscopic tears in the skin, making it an easy route for infections. Be gentle, take care of your butt!



REFERENCES

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