



WATER — HOW DO YOU FEEL ABOUT IT?

Richard Winters | Circuit Rider I

According to an article I found at Water News.com you may want to reconsider just how important your daily intake of H₂O is. Below are some interesting facts found at this site.

The importance of high quality drinking water is vastly understated. Compromising approximately 75 percent of the body, water is found both inside and outside the cells and is the basis of all body fluids including blood, lymph, saliva, digestive juices, urine, and perspiration. Therefore, an unadulterated source of pure drinking water and learning how to optimize hydration is one of the most fundamentally important things one can do for their health. After all, water is the regulator of all your body's functions and without it life could not exist. It transports energy to all of your body's cells giving them the ability to live. It also acts as an antioxidant and transports oxidants and other toxins to your kidneys for removal. Also your sinuses drain better when they are well hydrated and the mucous membrane is more resistant to infection. The human brain is made up of 80% water. Extreme dehydration can lead to the inability to think clearly and in severe cases can lead to mental derangement. All of the following diseases can be directly related to dehydration:

Arthritis	Heartburn
Asthma	Headaches
Colitis	High Blood Pressure
Depression	High Cholesterol
Diabetes	Low Back Pain
Dyspeptic Ulcer	Neck Pain
Duodenitis	Osteoporosis
Gastritis	Kidney Problems

Some people think because they drink plenty of other liquids such as: Coffee, Teas, Alcohol, Sodas and other caffeine-containing beverages, that they are ok when in fact these other drinks actually exacerbate the dehydration and make it much worse. Many people have an opinion on how to achieve optimal hydration. Below is what the Dr. on this web-site recommends:

According to Dr. Batmanghelidj, the body needs an absolute minimum of 6 to 8 glasses a day. Other sources suggest up to half your body weight in pounds should be consumed in ounces of water on a daily basis. For someone who weighs 160 pounds, that's 80 ounces (10 glasses) of pure water on a daily basis.

The best time to drink water is first thing in the morning to wake up the digestive system from its dehydrated and contracted

state, and 30 minutes before each meal. Water should be avoided during meals so as to not interfere with stomach acid and proper digestion. It should also be consumed around room temperature, save exceptionally hot days where extra cooling of the body may be required.

Everyone has their own opinion on what quality water is and some even their own brand preference in the bottled water market. The **fact** is that your tap water is monitored under more stringent regulations than any of the bottled water choices out there and is perfectly safe to drink. I know this opens up an argument that could lead to several more articles on the subject but that is not the intention here. I simply wanted to point out how very important proper hydration is to you and your body. PS- This information can be used on your website or provided to your customers in a newsletter with billing. To learn more about this topic go to the site at: http://www.naturalnews.com/045928_dehydration_drinking_water_reverse_osmosis.html. 💧💧