

# WATER

## The Fountain of Youth

Drinking pure water is one of the most important health habits we can do for ourselves. Your body is approximately 75% water. Your brain is about 85% water. Simple signs of dehydration are *hunger, headaches, & body aches*. It is a shock for many people to learn that a lack of thirst can also be a sign of too little water!

### Prescription for life:

- **Divide your weight by 2 and drink that many ounces of pure water per day.** (*Example – If you are 130 lbs your required water intake should be 65 oz or 8 glasses of water per day*). **If you are physically active, increase the amount by another 25% to 50%.**

To further enhance the enjoyment and benefit of drinking water, you can add a dash of fresh organic lemon juice or a couple of drops of essential oils of lemon (therapeutic grade). This makes the taste refreshing and helps to flush toxins from the cells in your body.

### Other important tips include:

- **Caffeine intake.** For every cup of coffee or other drink laden with caffeine, add another cup of water for the day. Tea and coffee act as diuretics and exacerbates dehydration, this requires you to need more water.
- **Skip the ice.** Ice cold drinks squelch the fire of digestion, making food digestion and assimilation more difficult.
- **Drink lots of water between meals.** This works as a great appetite suppressant and helps to cleanse the cells.
- **Avoid tap water whenever possible.** Invest in a good water filter for your home to save on bottled water. The chlorine in tap water has been shown to weaken your thyroid function. A weaker thyroid slows down your fat-burning metabolism.
- **Select spring water (without bubbles).** The bubbles (carbonation) reduce the friendly bacteria in your intestines, which can lead to mal-absorption. This prevents you from getting all the nutrients your body needs from your food, which leads to overeating.

**In a short while you will notice the benefits of drinking the right amount of pure water including:**

- **Enhanced Mental Alertness**
- **Fewer aches and pains**
- **Better bowel movements**
- **Reduced frequency of headaches**
- **Easier weight loss**

*To learn more about the benefits of water read:*

**“Your Body’s Many Cries for Water”** by Dr. Batmanghelidj.