

Time & Temperature, Quality & Quantity, H₂O & Your Health

75 % of Americans are chronically dehydrated!¹

I believe this to be a true statement! Most of my new clients only drink the equivalent amount of water that a 60-80 pound child should drink on a daily basis.

Proper hydration is the cheapest and simplest health practice. Water is necessary for the proper function of every system in the body, and dehydration adversely affects:

- **The Brain & Nervous System**— the brain is composed of 75% water.²
 - A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
 - Dry nerves do not conduct electrical impulses effectively.
- **The Digestive & Eliminative Systems**— constipation and colon health are directly correlated to hydration. Water is needed to keep things clean and flowing smoothly. The kidneys are strained by dehydration which also contributes to increased mineral and waste product accumulation in these organs, eventually leading to organ damage.
 - Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.
- **The Structural & Muscular Systems**— water makes up 22% of your bones and 75% of your muscles.³
 - Muscle cramping and poor lubrication of joints result from improper hydration.
 - Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- **The Heart & Circulatory System**— water composes 83% of blood.⁴
 - Proper hydration reduces stress on the heart by decreasing blood viscosity and lowering blood pressure.
- **The Endocrine System**— among other positive effects, water helps with the regulation of blood sugar, which decreases stress on the pancreas.
- **Energy**— water is a fuel for the body and assists with regulating body temperature.
 - Lack of water is the #1 trigger of daytime fatigue, especially during hot, summer months.
- **Weight Loss**— water fills us up and increases satiety. It also flushes out our tissues, taking with it cellular debris, toxins, and other substances in our body that contribute to excess weight.
 - In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
 - Even MILD dehydration will slow down one's metabolism as much as 30%.
 - One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.⁵



In addition to water being hydrating, it is also oxygenating which means improved brain and memory function, increased energy, and reduced risk for oxygen-deficient diseases such as cancer.

I give the following guidelines and recommendations to every client regarding water intake:

Drink ½ your body weight in ounces of H₂O per day

Holistic health experts agree that ½ your body weight in ounces of water per day is optimum for overall health. Consider these facts:

- A baby is 95% water at birth.
- By the time we die, we are only 50% water.
- We dry out as we age.
- Water allows for efficient cellular repair and smoother skin.

Conclusion: Adequate hydration has powerful anti-aging benefits, and we can influence the rate at which we age by augmenting our daily water intake on a consistent basis!

For this reason along with the others from the long, yet only partial list of health benefits at the beginning of this article, water is a sensible health choice to make.

Make sure that the H₂O you drink is pure and of superior quality



High quality water is free of toxins and pathogens. Some people argue that water containing natural minerals is best, while others believe that distilled or reverse osmosis water are best. There are many schools of thought about which kind of water is best, and each school has compelling reasons for their position. **The one point of agreement between all philosophies is that chlorinated and fluoridated tap water is a poor option.** Chlorine and fluoride both take up receptor sites for iodine, thus compromising the thyroid. This is one reason why thyroid issues are rampant in America today. Chlorine and fluoride are both known toxins to the nervous system, so avoiding these additives through filtration is critical.

Clients frequently ask, “What is the best kind of water to drink?” Other than the principles mentioned above, I cannot give a definitive answer to this question. And the best water for a person at one time may not be the best water for that same person at another time in life- it all depends on the balance in the body. Here is a list of principles vs. definitive answers; do your research and decide based on economics & values:



- Filter vs. Purifier?
 - o Filter:
 - 99.99% removal of pathogenic bacteria
 - “Log 4 reduction”
 - Removes chemicals & minerals
 - Not recommended for bacteria & viruses
 - o Purifier:
 - 99.9999% removal of pathogenic bacteria
 - “Log 6 reduction”
 - Removes chemicals, minerals, bacteria & viruses
- Contaminant/ toxin removal:
 - o Dirt & sediment?
 - o Heavy metals?
 - o Toxic chemicals (arsenic, pesticides, radon, VOCs, etc.)?
 - o Chlorine?-- very important carcinogen to remove; kills good gut flora and disrupts hormone function
 - o Fluoride?-- a hormone disruptor and toxic to the nervous system
 - o Viruses?
 - o Parasites- cryptosporidium & giardia not removed with chlorine treatment, must be removed through purification (carbon filtration)
 - o Molds/ fungi?
- Filtration method:
 - o Electric vs. gravity
 - Filter types:
 - x Carbon block- minerals intact, selective filtration
 - x Ceramic candle- minerals intact
 - x String wound (polypropylene)
 - x Multimedia (carbon + another, such as ceramic candle, ie- Berkey)- minerals intact, selective filtration
 - x Rapid- less effective than carbon filters
 - x Granular- less effective than carbon filters
 - o Distillation- heat filtration, slow & high energy demand, removes mineralsHeavy metals?
 - o Reverse osmosis (membrane filter)- pressure filtration, slow, removes mineralsToxic chemicals (arsenic, pesticides, radon, VOCs, etc.)?
 - o Ultraviolet light (does not remove debris, foul taste or odor without sediment/ carbon filter)
 - o Alkaline water- minerals intact, ph 8.0-10, high negative ORP (oxidation reduction potential, ie- acts as anti-oxidant), uses Direct Disk Ionization Technology (electricity through water~lightning), filters out chlorine, but NOT heavy metals, pesticides, pathogens, other chemicals/ elements
- Installation type:
 - o Inline (faucets, ice makers, shower heads, etc.)
 - o Countertop
 - o Undersink
 - o Whole house

- o Pitcher
- Filtration speed/ daily output
- Unit cost
- Filter cost/ cost per gallon of water
- Frequency of filter replacement

For more information, request your FREE copy of “Gravity Filtration Comparison Chart.” Type GRAVITY WATER in the subject line of the contact form at this link: <http://yournewvitality.com/index.php/about/contact-form>

Other resources:

<http://www.historyofwaterfilters.com/>

<http://www.bigberkeywaterfilters.com>

<https://www.vollara.com/Site/LivingWater>

Keep your insides clean through adequate daily intake of H₂O

In addition to being necessary for hydration, water is a purifying agent. The body cannot cleanse itself without adequate hydration. If we allow our digestive tracts to become dehydrated, this leads to dry stools and constipation which results in autointoxication of our system and a host of other health issues. Expecting to move waste properly out of our systems without adequate hydration is like not hooking up the water supply to our dishwasher and still expecting our dishes to come out clean when we run the wash cycle. It simply will not happen!

Drink your H₂O at the right time & temperature

- Abstain from water one hour before and after meals to prevent dilution of digestive juices.
- If you must drink less than one hour from meals, take only warm or hot water because cold water can shut down digestion.
- Cold water also causes the fats in our foods to clump together in a solid form, which will then create a sludge-like lining on the inside of our intestines—yuck! This lining prevents proper absorption of nutrients, and lays a foundation for the growth of pathogens, including cancer, within the intestines.
- So what about hot water? In Eastern medicine, hot water or tea is taken with meals to aid in digestion. In fact, drinking a cup of hot water with lemon first in thing in the morning is an Ayurvedic practice that cleanses the body and get things moving in a healthy way.
- Rather than drinking water with meals, sip room temperature water continually throughout the day between meals. The body can only absorb 4 ounces of water every 30 minutes. So, guzzling several glasses of water at one time, once you feel thirsty or dehydrated, is not beneficial. This is because once you feel thirsty, you are already dehydrated. A slow and steady rate pace is best—remember the tortoise and the hare!



Sources:

- 1 Stayinghealthy.org, Infographic: “The Miracle That is Water: What Does Water Do for the Human Body?”
- 2 Facebook.com/MedicalPk, Infographic: “Top 17 Functions and Health Benefits of Drinking Water.”
- 3 Ibid.
- 4 Ibid.
- 5 Stayinghealthy.org, Infographic: “The Miracle That is Water: What Does Water Do for the Human Body?”