

# WATER! WATER! ... FOR YOUR HEALTH

*Whether healthy or ill, pure water is one of the richest gifts we could ever be given. Properly used, it restores, maintains, and promotes health. It quenches thirst for all, animals and man alike. If we will drink it freely it will help to supply the needs of the entire body and fortify the natural resistance to disease.*

Water is the major constituent of the body, making up approximately 70 percent of the body's weight. The average adult's body contains nearly sixteen gallons! Sounds phenomenal, doesn't it? How is all this water used?

Each cell and organ consists mostly of water and utilizes an enormous amount during the day for its normal functions. Next to oxygen, water is the most important element for sustaining life. A body can live a few weeks without food, but only about 48 hours without water.

## No Substitutes for Water

Just how important is the use of water in the body? Is it *water* or just *liquid* that we need?

You may say that you drink plenty of soft drinks and coffee, isn't that good enough? Does the temperature of the water make a difference? Answers to these and other questions will surprise many who rarely or never think about water. Reading this article should convince you that nothing can replace water!

Water in its pure state makes no changes when taken into the body. It goes in, does its job, and is eliminated, all in the same state.

This is not true of other drinks. Water taken in the form of cola's and soft drinks, or coffee and tea, must first be filtered by the kidneys before it can be utilized in the body. This taxes the kidneys and concentrates the urine, as the wastes stagnate, creating disease. Further, there are many chemicals in these drinks, which put a burden on the whole internal digestive system.

For instance, the phosphorus in the cola drinks is so high that it offsets the calcium/phosphorus ratio in the body, contributing to calcium

deficient diseases, such as osteoporosis and poor teeth. The caffeine in the coffee, and tannic acid in tea, affects the heart, kidneys, and other vital organs. It gives the heart a false stimulation and overburdens the kidneys in their function.

Even as delicious as fruit juices are, and as good as you think they are for you, they should be taken in moderation as they are very concentrated fruit, some being high in sugar, and are taxing on the kidneys. There is just no substitution for pure water.

Think about it: Would you wash your cloths in beer, sodas, coffee or even in fruit juice? Shouldn't you be much more concerned about the cleanliness of your body than of the laundry of your clothes?

For further emphasis, would you take a bath in beer, sodas, drinks, coffee or even in fruit juices? The inside of the body needs internal bathing just as the outside of the body needs daily cleansing. Water purifies the medium in which the cells live and work, and thereby quickens their action. Nothing can replace water!

## What Does Water Do?

There are many purposes of water in the functions of the body:

1. Water is involved in every single body process—digestion, absorption, circulation, and elimination.
2. Water is the primary transporter of nutrients through the body and the vehicle to take wastes and poisons out of the body.
3. Regulation of all body processes and body temperature is enhanced by water.
4. Water is the lubricant of all moving parts.
5. The "internal bath" is only accomplished with the proper amount of water ingested.
6. Water distributes body heat.
7. Water keeps the blood thin and free flowing.

## How Much Water?

How much water should be taken in each day depends on the

person's size and activity, and the temperature of the day. Common sense would dictate that more water is needed by a bigger, more active athlete on a hot day than a petite, sedentary secretary on a cool day.

The average amount needed to replenish the water utilized in the body is approximately eight glasses per day. It requires time to get into a habit of drinking that much each day.

The easiest way I've found is to drink two glasses of warm water upon arising in the morning to cleanse the stomach and prepare the system for breakfast. Then drink two more glasses between breakfast and lunch and supper, and a final two glasses prior to bedtime.

Thirst is not an adequate indication for amount of water needed as this sense has been perverted over years of improper eating. Often when the body is saying, "I'm hungry, give me food" it's really saying "I'm thirsty." Especially for the elderly, water should be measured out and a sufficient amount taken during the day to keep their systems running smoothly.

Parents, it's important that your children learn the concept early to prevent multiple problems later in life. Depending on their weight, young children need four to six glasses of water daily for their bodies to function properly.

Careful attention to maintaining adequate water in the body will help you regulate every other function: appetite, activities, adequate rest, and mental tranquility. For optimum well-being, you must become aware of your body's signals and its daily needs.



Source: Natural Lifestyle  
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