

# Newsletter

August 2013

## The Importance of water and Your health

[freedinkingwater.com](http://freedinkingwater.com)

### "I'm dying of thirst!"

Well, you just might. It sounds so simple. H<sub>2</sub>O - two parts hydrogen and one part oxygen. This substance also known as water, is one of the most essential elements to health and is so important that your body actually has a specific drought management system in place to prevent dehydration and ensure your survival. Water might be everywhere, but one must never take it for granted.

Water makes up more than two thirds of human body weight, and without water, we would die in a few days. The human brain is made up of 95% water, blood is 82% and lungs 90%. A mere 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic math, and difficulty focusing on smaller print, such as a computer screen. Mild dehydration is also one of the most common causes of daytime fatigue. An estimated seventy-five percent of Americans have mild, chronic dehydration. Pretty scary statistic for a developed country where water is readily available through the tap or bottle water.

Water is important to the mechanics of the human body. The body cannot work without it, just as a car cannot run without gas and oil. In fact, all the cell and organ functions that make up our entire anatomy and physiology depend on water for their functioning.

### Water serves as a lubricant

Water serves as a lubricant in digestion and almost all other body processes. The water in our saliva helps facilitate chewing and swallowing, ensuring that food will slide easily down the esophagus. Water also lubricates our joints and cartilages and allows them to (pardon the pun) move more fluidly. When dehydrated, the body rations water away from the joints. Less lubrication equals greater friction and that can cause joint, knee and back pain potentially leading to injuries and arthritis. Even our eyeballs need plenty of lubrication to work well and remain healthy.

### Water regulates body temperature

Our bodies can control over-heating through perspiration from sweat glands in the skin and from evaporation which produces a cooling effect. Blood is also routed into areas close to the surface of the skin where it can be cooled and then carried back to the interior of the body. Conversely in a cold environment, the skin maintains proper body temperature by shunting the blood away from the exterior surface thereby conserving heat within the body. The movement of water within our cellular systems also transports vital blood plasma which is 92% made of water. Blood plasma play a critical role in buffering the body's pH, circulating antibodies from the immune system, and regulating osmotic balance which all helps to maintain proper body temperature.

### Water removes harmful toxins from the body

Water helps our bodies remove toxins in many different ways. Water flushes toxins and waste from the body through urination and perspiration. Water helps reduce constipation and aids in bowel movements which ensures that wastes are removed quickly and regularly before they can become poisonous in the body. This waste buildup can occur in the body if dehydration becomes a regular

occurrence and this can cause headaches, toxicity and illness. Drinking enough water will also lessen the burden on the kidneys and liver by flushing out waste products.

### **Water transports valuable nutrients to the body**

Blood is about 92% water and it carries nutrients and oxygen throughout the body. Nutrients from the food we eat are broken down in the digestive system where they become water-soluble, which means they are dissolved in water. Water allows these nutrients to pass through the capillaries within the intestinal walls to the blood and circulatory system where the valuable nutrients and oxygen can be distributed throughout the body to all the cells and organs. In addition to the daily maintenance of our bodies, water also plays a key role in the prevention of disease. Drinking eight glasses of water daily can decrease the risk of colon cancer by 45%, bladder cancer by 50% and it can potentially even reduce the risk of breast cancer. And those are just a few examples! As you follow other links on our website, you can read more in depth about how water can aid in the prevention and cure of many types of diseases, ailments and disorders that affect the many systems of our bodies.

### **Drinking to Your Health**

Since water is such an important component to our physiology, it would make sense that the quality of the water should be just as important as the quantity. Therefore, your drinking water should always be clean and free of contaminants to ensure proper health and wellness. Remember it is also never too late to improve your health with the help of regular exercise, balanced nutrition and a positive outlook on life. The human body is very resilient and if you treat yourself well, you will be surprised by your body's own natural ability to heal itself. Here's drinking to your health and achieving your goals. We know you can do it!