

Did you know that not only is water fun, calming and beautiful, but our bodies are made up, on average, of over 60% water?



Blood is about 83% water

Muscles are about 75% water

The brain is about 74% water

Bone is about 22% water

Every system of the body depends on water. For instance, water flushes toxins out of our vital organs, carries nutrients to the cells and provides a moist environment for ear, nose and throat tissues.

Water regulates body temperature, lubricates joints, helps dissolve nutrients to make them accessible to the body, helps prevent constipation and protects body organs and tissue.

Lack of water can lead to dehydration (when there is not enough water in the body to carry out normal functions). Even mild dehydration can drain energy and cause tiredness. Some nutritionists insist that 80% of the country is walking around dehydrated. Drinking too much coffee, tea, and sodas containing caffeine, prompts the body to lose water. We also lose water through breathing, perspiration, urine and bowel movements.

Water can be used externally for the relief of various symptoms for instance those associated with high blood pressure. This is due to water's ability to cleanse cells, eliminate waste and reduce stress.

So to the conclusion of matter...

- Water improves energy
- Increases mental and physical performance
- Removes toxins & waste products from the body
- Keeps skin healthy and glowing
- Help you Lose Weight
- Can reduce headaches and dizziness
- Aids proper digestion
- Help to keep the body alkaline

The Benefits when Dr Water (The Miracle Worker) Makes a Call



Hampstead Seventh-day Adventist Church
66 Haverstock Hill, London, NW3
Email: vibrant.health@live.com



The Benefits when Dr Water Makes a call



Most of us enjoy the pleasures of water, bathing, showering, swimming, water sports, water parks, and the view of the sea whilst on holiday.

If you drink enough fluid so that you rarely feel thirsty and produce 1.5 litres or more of colourless or slightly yellow urine a day, your fluid intake is probably adequate. You may need to modify your total fluid intake depending on your life style:

- **Exercise**, or strenuous activity, causing you to sweat means you need to drink extra water to compensate for the fluid loss.
- **Environmental** conditions such as hot or humid weather can make you sweat and requires additional intake of fluid.
- **Illnesses or health conditions** such as fever, vomiting and diarrhoea, cause your body to lose additional fluids. In these cases you should drink more water
- **Pregnant or breast-feeding** women need additional fluids to stay hydrated.

On a cautionary note, some conditions such as heart failure and some types of kidney, liver and adrenal diseases may affect excretion of water and even require limited fluid intake.



It's a great idea to keep water within reach at all times, particularly, as it's calorie-free, inexpensive and readily available. Remember that what you eat also provides a significant portion of your fluid needs. On average, food provides about 20% of total water intake, many fruits and vegetables, such as tomatoes and watermelon, are over 90% water.



Do not use thirst alone as a guide for when to drink, by the time you become thirsty, you are possibly already dehydrated. Furthermore, with age, the body is less able to sense dehydration and send the brain signals of thirst. Contact your doctor if you experience signs of excessive thirst and increased urination.

To ensure that your body has the fluids it needs, make water your drink of choice and aim to:

- **Hydrate** before, during and after exercise.
- **Substitute** water for alcoholic drinks at social gatherings.

If you drink water from a bottle, thoroughly clean or replace the bottle often.

Tips for Drinking Water



Drink a glass of warm water first thing in the morning to help your body flush out the toxins it has been processing all night.

If you are cold, drink warm water or herbal tea instead of dehydrating coffee & tea.

Set a timer to remind yourself to establish a water drinking habit.



Don't wait until you're thirsty to have a drink, you are already dehydrated if you feel thirsty

Keep a bottle of water with you at all times to help you monitor your daily intake.



Coffee, tea, or sodas with caffeine steal water from your body, compensate with a few extra glasses of water.