

Soul Essence

Fact Sheet – Why We Need to Drink Water

Water is the substance of life and without it life cannot be sustained. We are comprised of approximately 70 to 80% water, which makes us very reliant on clean structured water for our health and well being. It may be said that water, next to air is the most important substance we can nourish ourselves with.

Sugary soft drinks, carbonated water, tea, coffee, and alcohol steal tremendous amounts of water from our body and cause us to become dehydrated. Even beverages such as milk, vegetable and fruit juice require water to be properly digested.

Imagine how the quality and type of food impacts on our levels of hydration. High sodium, spicy foods, or too much meat and wheat products are difficult to digest and need large amounts of water to be processed in our body.

Water plays a vital role in nearly every bodily function, including digestion, nutrient absorption, and chemical reactions. We need water to sustain proper circulation and flexibility of our blood vessels. Water helps remove toxins, also known as acidic waste from the body and in particular the digestive tract. Our body's temperature is regulated by our hydration. Imagine a car running on an empty radiator.

When we are dehydrated it could be said we are in a state of "survival". The brain signals to the rest of the organs that there is not enough water to go round, and as the brain is the centre point of all physical functions it takes priority, which leaves the rest of our organs in emergency. Emotionally this can produce fear and anxiety.

Constant failure to drink enough water can lead to chronic cellular dehydration, which leaves the cells of the body weakened and vulnerable to disease. The cells become brittle and fragile which impacts onto our immune system and leads to chemical, nutritional and PH imbalances.

Dehydration can occur anytime of the year including winter months when indoor heating systems can dehydrate our cells more easily than in the hot summer months.

You should drink half your weight in ounces of water every day to provide your body with its minimum water replacement requirements, as long as you are reasonably fit. Otherwise begin by sipping water and gradually build up. "Chewing" your water before you swallow, helps the body to absorb it more easily, as the enzymes in your saliva break water down, making it more accessible to your system.

Recommended reading:

"Your Body's Many Cries for Water"
"Reverse Aging"

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