

10 COMMANDMENTS 4 HEALTH



WEEK 5

Function of Water in Our Bodies

Interesting Facts on Water

Water's Role in Your Body, Mind, and Soul

Water

WHY DO WE NEED IT?

You may be thinking, "But I don't drink water and I'm still alive."

Yes, Watson, that may be true, but consider this: because it is so vital to life, your body will use any water it can get - whether it be from tea, cola, coffee, fruit, vegetables, even ice cream.

You need water in order for your body to function and keep you healthy

Water Available to You

Any fluid you drink will contain different amounts of H₂O, but pure clean water is the best choice if you are really serious about living a healthy lifestyle. Lots of foods contain water, too. Fruit contains quite a bit of water, which you could probably tell if you've ever bitten into a peach or plum and felt the juices dripping down your chin!

Vegetables, too, contain a lot of water — think of slicing into a fat tomato from the garden or crunching into a crisp stalk of celery. But, if you deprive your body of water by avoiding pure water and just opting for juices or other drinks, you will slowly become dehydrated, your pee will be yellow instead of clear, and your body won't be on your side if a disease comes your way, period.

I hate to break it to you, but all those colorful drinks in your fridge and at the pub are only washing your money and health down the drain if you don't focus primarily on getting enough water. So take advantage of a good water filter or you can even opt for the convenience of bottled water if you don't mind the waste it produces. Your body will thank you.

“*Water, the Hub of Life. Water is its mater and matrix, mother and medium. Water is the most extraordinary substance! Practically all its properties are anomalous, which enabled life to use it as building material for its machinery. Life is water dancing.*” - Albert Szent-Gyorgyi

What is the Function of Water in Our Bodies?

We are always bombarded with the message to drink 8-10 glasses of water per day. But many of us are probably tired of hearing this. We think “water tastes so boring.” And we tend to forget what water really does for us.

Well, I'm here to open your mind to the fact that water is not about taste; it is about living the good life. Water helps to carry oxygen to your bloodstream, and you already know that your body needs fresh oxygen in order for your cells to function and keep you healthy

“*We forget that the Water Cycle and Life Cycle is just one.*” - Jacques Cousteau



Water is also an important component in your lymph fluids, which are part of your immune system, and function to fight off illness.

Thus, a dehydrated body rapidly becomes an ill body. You need water to digest your food and get rid of waste, too. And you might guess that water is the main ingredient in perspiration, and sweating is an important way for your body to eliminate harmful toxins.

In addition to being an important part of the fluids in your body, each cell depends on water to function normally.

“*Pure water is with world's first and foremost medicine - Proverb*”

Interesting Facts on Water

If you still aren't convinced that you really need to pay attention to how much water you are drinking, consider these staggering facts:

- * Even slight dehydration can slow down your metabolic rate by as much as 3%. So if you are looking to lose fat (and most of us probably need to shed a few pounds), then it's best to boost your metabolism with water.
- * One glass of water gets rid of hunger pangs for most people.
- * The biggest trigger of tiredness during the day is lack of water.
- * The normal dose of 8-10 glasses of water a day can drastically reduce back and joint pain for most people who suffer from it.
- * If your body water drops only 2%, you can experience short-term memory loss, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- * Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, breast cancer by 79%, and bladder cancer by 50%. Wow! And that's not even the recommended daily intake of 8-10 glasses!

So the more you drink, the longer you live.

TRIVIA:

You should drink enough to equal $\frac{1}{2}$ your body weight in ounces each day. If you weigh 140 lbs., drink 70 oz and if you weigh 200 lbs drink 100 oz.



Water's Role in Your Body, Mind, and Soul

Empower yourself today with the knowledge of how water helps to unify your body, mind, and soul. You'll be more likely to stick to your goal to drink 8-10 glasses per day if you know how water serves to improve your health and well-being for right now and for the long haul:

WATER FOR YOUR BODY:

Water serves to build every cell in your body.

Water carries nutrients, including oxygen, to your cells, and eliminates toxins from your cells.

Water improves your circulation and keeps your organs functioning well.

Water allows you to sweat and remove toxins and heat from your body.

Water keeps your joints, mouth, digestive tract, and lungs at peak performance.

WATER FOR YOUR MIND:

Water improves circulation which brings glucose and other important nutrients to the brain.

Water keeps lethargy away so that we can function better at work, school, and home.

Water helps to cool our bodies down, even in the most stressful of situations.

WATER FOR YOUR SOUL:

Chew on this if you are still skeptical: The only reason why life on Earth is possible is because of water. Thus far, it seems that our watery planet is unique in the solar system. Contemplate the truth that water is a gift that keeps you alive each minute of each day.

WANT TO READ MORE?

The "10 Commandments 4 Health" is available here:

<https://ke122.infusionsoft.com/app/storeFront/showProductDetail?productId=27>

*Fun Fact:
By the time a person feels thirsty, his or her body has lost over 1 percent of its total water amount.*

