

Health is Built on Pure Water



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People become 'stuck in a rut' in what they drink in a day.
Are you one of them?
Many have their favourite drinks and drink it over and over.
That's boring to me!
Do you know that fluids present us with a
marvellous opportunity to build our health?

There is one fluid you require, more than any other...



Why is Water the 'Fluid of Choice'?

- The most important 'Building Block' of life
- Without water, we die
- Give a dry and thirsty plant some water and it will almost immediately begin to perk up...water is just as essential to every cell in our body
- Our body make-up is approximately 60% water
- It's the single most important thing you can do for your health on a daily basis

Do you hear your Body's cries for Water?



In particular, elderly people often choose tea or coffee which can cause severe dehydration if it's the only fluid of choice.

They need to be reminded to drink more water.

So often, your body is crying out for some clean, clear, pure water.

How to beat Dehydration



Do you mistake the 'thirst cue' for food rather than water?

If uncertain, here's how to gauge if you are thirsty or hungry:

- Drink a glass of water whenever you feel yourself being either thirsty or hungry and wait 10 minutes.

- If you still feel hungry after 10 minutes you'll know for sure you really are hungry.

Before you eat... drink a glass of water... every time!

Do you drink enough water?



N.B. This is just an illustration of flavoured water. I am not saying they contain artificial colours and flavours as I have not checked.

Until your urine runs clear?

- Beetroot can colour it pink
- Some medications or supplements can colour urine as well

When buying flavoured water...

- Beware of what you buy as many are filled with artificial colours and flavours

Negative Water

- Many drinks can be considered as 'negative water' simply because they draw the water out of your tissues and cause you to urinate more often. They dehydrate, rather than hydrate the cells in your body.
- Some examples include: coffee, tea, sodas or fizzy drinks.
- Try to drink a glass of water before drinking coffee or tea, and work on eliminating the fizzy drinks. Home-made carbonated drinks are fine.

How much water do you need?

One glass per hour throughout daylight hours

- Necessary for the body to perform all its little jobs
- Sipping a glass throughout the hour is the best
- Sometimes easier just to down a glass to make sure

Some Tips and Ideas

- Carry a water bottle
- Freeze half-full bottles
- Sip water as you eat

More interesting water:

- A slice of organic lemon, lime or orange
- Whole berries added etc.



Does drinking more water make you run for the bathroom?

I first heard this from Barbara O'Neill when she recommended placing a tiny bit of salt on your tongue before drinking a glass of water.

In fact, what she said was to drink only half a glass at a time, but each time you start a new glass, have a little bit of salt.

Some may react to this, but the principle behind it is that the salt goes straight from your tongue to the cells. Once there, it draws the water into the cells where it's supposed to be.

I have a little jar I use that contain some fine sea salt. I wet the tip of my finger and dip it in. Just a little bit, and then place it on my tongue.

Does it work?

I have to say it's been working a treat for me. Let me know how it goes for you.

**Have you
ever
considered
a droplet
of water?**





This little fellow carries out so many jobs both within and without our body.

- Regulates body temperature
- Cushions and lubricates joints
- Protects body tissues and organs
- Keeps body tissues moist such as nose, eyes and mouth
- Carries oxygen and nutrients to cells
- Aids in digestion
- Protects your central nervous system, spinal cord and brain
- Dissolves nutrients, including minerals to make them accessible to the rest of the body
- Helps clear out waste through perspiration, urination and bowel movements
- Reduces burden on liver and kidneys by washing out waste... and so on.

You lose and use water constantly – sweat, urine, exhale.



Image: Michael Kappeler

For all those important jobs to perform, it's imperative that the water be as pure as possible. You don't want your body working harder than it has to just to try and cleanse the water you drink.