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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Water: Pure and Simple

By Tamara Hanson

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Thirsty? Before you reach for that soda, beer or sports drink, how about reaching for something that has been around since the beginning of time—water.

Water is one of the most pure, most essential nutrients on the face of the earth. We drink it, wash with it, swim in it and spend nine months developing in it. Every living thing consists of water: plants, animals and humans; each one of us is made up of approximately 70% water.

Water is an important and precious commodity. It's so important that only 1% of the earth's water is drinkable.

This clear, wonderful fluid is so effective that it can fulfill many tasks. It hydrates and replenishes lost nutrients; it carries waste from the body, balances body temperature, and keeps the skin elastic. Not only does it increase mental and physical alertness, but it can also provide a person with increased energy and help prevent illness by flushing toxins out of the system. That cool, clear substance is also critical to our survival; we can go for weeks without food but only days without water.

For weight management, water is essential. Documented in the article, Weight Control Begins with Hydration by Linda McDonald, RD, water can decrease a person's appetite because thirst is usually mistaken for hunger. Those late night stomach rumblings can be easily quelled by indulging in a glass of H₂O.

Water can help reduce fat deposits and eradicate excess fluids and waste, which, in some cases, people believe the opposite. The assumption is that too much ingestion of this pure liquid leads to water retention. This is a fallacy.

Linda indicates that when the body is deprived of water, it will hold on to it because it perceives the body is in danger of dehydration, hence the swollen hands, legs, and feet. If water is consumed properly, it is able to do its job effectively.

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Dr. Fereydoon Batmanghelidj, MD, author of *Your Body's Many Cries for Water*, has studied the effects of dehydration and the miracles of water consumption for over 20 years. His studies suggest that many degenerative diseases and medical maladies are the result of dehydration. He also points out that pain, not a dry mouth, is a strong indicator of being thirsty.

He maintains that a well-hydrated body can help cure, prevent and control a number of medical conditions, such as: diabetes, asthma, angina, migraines, arthritis, high blood pressure, heartburn, high cholesterol, kidney stones, and even morning sickness.

How can you tell if you are dehydrated? According to the article, *Your Body Feels Great When You Hydrate* by Urologist, Dr. Lawrence Ross, your urine will be dark yellow if you aren't getting enough water.

How much is enough? The rule of thumb is to drink one-half ounce of water per pound of body weight per day. If you are more active, drink two-thirds ounce of water per pound of body weight.

Caffeinated and alcoholic beverages do not count; they can actually act as a diuretic and dehydrate the body. Sugary juices are also not recommended for hydration as they may lead to kidney stones. Certain types of food can help top up your daily water requirements, however, stick to those foods closest to nature. That is, stick to fruits and vegetables; they have the most water content of all foods. Things like bread, for instance, or any other processed type food will not provide you with adequate water intake.

Okay, so you're now convinced that keeping your fluid levels up is important for body, mind and soul, but how do you make it a habit? According to Marianne Woods Cirone in her article, *Benefits of Drinking Water and Health Information on the Importance of Drinking Water*, once you wake up in the morning, drink one to two cups of water or herbal tea. "These first glasses are so crucial because you are reversing any mild dehydration that may have occurred overnight, especially if you cut off your water consumption a couple of hours before bedtime in order to reduce nighttime trips to the bathroom."

But, wait. What if the thought of drinking water bores you to tears?

Try these tips to spice it up: add a slice of lemon, lime or cucumber to your glass; fill a large jug with water and several ice cubes or use a frosty mug—when that cool, crisp water hits your throat, there's nothing like it.

Thirsty? Thought so.

For more information and sources, check out these websites and books:

Your Body's Many Cries for Water and ABC of Allergies and Lupus by Dr. Fereydoon Batmanghelidji, MD

The Healing Energies of Water by Charlie Ryrie

The Complete Book of Water Healing by Dian Dincin Buchman, Ph.D

The Detox Solution by Patricia Fitzgerald

www.Watercure.com, Global Health Solutions' Website

www.Water.com

www.Water-Institute.com

www.yoga-for-health-and-fitness.com

Tamara Hanson has 8 years writing experience. She has written 3 novels, several short stories, and numerous articles. Her business, The Writing Muse, assists clients with ghostwriting, articles, speeches, newsletters and other writing needs.

Bottled Water – Good Or Bad?

By Lucy Bartlett

Water, water everywhere but not a drop to drink. You feel you have heard it before, recollecting those horror scenes showing victims of earthquakes, tsunamis, torrential rain and flood. No. It is the mantra of everybody - From Australia to Iceland, from Hawaii to Sanfrancisco people are scared to drink water directly from any source. Bottled water carries a declaration that it is 100% pure and free from bacteria and other harmful substances, and is accepted by us as safe to drink.

Our body's demand for water is called thirst. It is quenched by an intake of water. Is pure bottled water needed? Why not some salts and minerals? Why remove the life saving minerals through osmosis? Many authorities, doing research in human health questions the habit of drinking pure water. They say leeching of minerals through osmosis is not needed and not natural. Is our body genetically designed to accept pure water? Is pure water good for our health? These are the questions many scientists ask now.

Pure bottled water is one of the biggest businesses in many developing countries now. The populations of these countries which used to carry their drinking water (mostly drawn from the communal wells) or drink directly from the water taps in railway stations are brain washed to think only pure water in bottles are fit to drink.

Even the people in developed countries cultivated their bias against water available from various sources in public places only a couple of decades ago.

Sustained researches about communities drinking a special source of water such as the fabled Hunza water shows that the citizens of Hunza lived up to 150 years drinking this water. Various studies points towards water for the longevity and other traits found in Hunza.

It is not only the fabled Hunza but also the springs of Lourdes, the well of Mexico, the Nordeneau Caves in Germany and the Indian Nadana springs are found to be undergoing ionization process

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naturally during its passage through earth. These waters are found to be one of the greatest antioxidant full of hydrogen and negatively charged. So water with various minerals is proven to be beneficial to the human body.

Arguments for and against pure bottled water will continue to rage as long as our body's demand for fluid continues. Depending upon the results of the ongoing researches, opinions for and against bottled water will continue to flourish without any end.

For more info visit

Lucy Bartlett is a proud contributing author. Find more articles

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