

Our Body is **70%**
Water

Kidneys



83%

Lymph



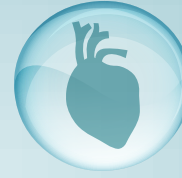
94%

Joints



83%

79%



Heart

Lungs



80%

75%



Brain

Muscles



75%

86%



Liver

Bones



22%

64%



Skin

83%



Blood

Hydrate *Yourself Well*

Drink



after waking - help your organs get started

Drink



at least 30 minutes before each meal - helps digestion

Drink



before taking your shower - lower your blood pressure

Drink



before exercise or going for a walk - have energy

Drink



before going to bed - for a healthy heart

Why Hydrate?

As we dehydrate our bodies slowly age

When the human body is old with wrinkled, prune-like skin, it's only 50% water

Keep your body hydrated and youthful by getting enough water in your diet.

Of all of the nutrients, water is the one we need in the greatest amount. Consuming plenty of water each day is critical for your body to work at its best—if it isn't working the way you'd like, it may be saying "drink water!"

Maintaining Water Balance Signs you need more water:

We get water from food and drink; we lose it as sweat and urine as well as breathing and in feces.

Increased hunger: Even before thirst you feel hungry. Cravings? Drink water.

Your head is pounding: When the body loses water, it also loses essential electrolytes (like sodium and potassium). As blood volume drops, less oxygen flows to your brain which may respond by triggering a headache. The headache gets worse the more water you lose.

The drain is clogged: Irregular bowel movements? Water moves waste through your bowels and out your body. Your colon extracts water if dehydrated.

Standing up makes you dizzy: Without enough water your blood volume and pressure drop; you stand up quickly and get a sudden rush of light-headedness.

Your pee is extra yellow: A darker shade of yellow? Your urine may be over-concentrated with waste. Water helps flush waste out efficiently.

Low energy, tired, sleepy: As dehydration increases, blood volume drops, blood pressure drops, blood oxygen content drops... muscle and nerve functions slow down. We feel tired!

Overheating: When hydrated, if we start to overheat; we sweat! Sweat lowers body temperature through evaporative cooling. If dehydrated, you can't sweat as much and can quickly overheat—if it's hot out, this becomes heat stroke.

Muscle cramping: Adequate hydration and electrolyte balance is essential for proper muscle contraction. Dehydration affects electrolyte balance which can cause muscle spasms.

Your skin doesn't bounce back: Sagging, dehydrated skin means dehydration. Pinch your skin. If it snaps back to normal quickly, you're hydrated. If it takes a while, you're likely in need of some hydration!

How Much Water Should You Drink Each Day?

From person to person, water needs vary depending on diet, activity levels, and even the weather.

A rule of thumb is 1/2 your weight = ___ pounds. Drink that many ounces of water = ___ oz.

What Water Is Best?

Clean, unchanged, mineral-rich, natural spring or deep well water.

Avoiding chlorine and fluoride by buying commercial water in throwaway bottles or adding commercial mineral drops to de-mineralized water is not the answer. Mineral deficiency can lead to insulin resistance, migraines, high blood pressure, constipation and even heart beat irregularities!

Problem Waters:

Municipal tap water: disinfected with chlorine and then processed with chemicals to make it taste better, be less cloudy, and finally added fluoride. Added chemicals react with other water contaminants to produce carcinogens and nervous system toxins. Use a good filter.

Distilled water: has been vaporized and collected. It has no contaminants but also has no minerals at all.

Chemicals in Tap Water: http://www.fairwarning.org/wp-content/uploads/2013/02/2012_tap_water_report_8b.pdf

Concerns over Alkaline Water: <http://www.ncbi.nlm.nih.gov/pubmed/26753412> and <http://www.jbc.org/content/273/14/8217.full>

Reverse osmosis water: has been forced through membranes that remove all minerals along with the pollutants. Reverse osmosis water is also very acidic.

Ionized-alkaline water above pH 7.6: Despite marketing claims, electrical machines and high pH do not match nature. Water picks up mildly alkaline minerals as it flows. Four peer-reviewed studies raise safety concerns including links with heart attacks and cell death.

©2016-18 Marie Sternquist. www.SynergyNutrition.info All Rights Reserved