

# WATER

CONCERNING YOUR HEALTH

## INTERNAL USES OF WATER

Water is the single most important substance in your body. More than half your total weight is water. Water is the major component of your blood. Your body uses water for cooling and cleansing itself. Water is also necessary to maintain a proper chemical balance in some essential body fluids.

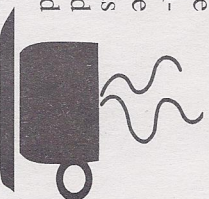
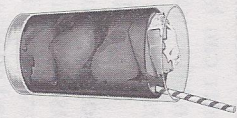
A loss of 20-22% of your body's water could be very dangerous, even fatal. Where does all the water go? You lose water when you perspire, when you breathe, and through body waste.

Tests have been done with athletes which have demonstrated the effect of water on endurance. Athletes who drank water just to quench thirst did not have the endurance of athletes who drank as much water as they had lost. The athletes who drank more water did not become fatigued and body temperature remained close to normal.

Forcing the body to work with limited amounts of fluid is like trying to wash the dinner dishes in a cupful of water. How much water should we drink? Eight to ten glasses of water a day or 60 ounces. Thirst is not always an accurate gauge of your need for water. Don't just drink when you feel thirsty!

Does it matter what kind of liquid I drink? Yes, water is the major component in fruit juices, soft drinks, milk, tea and coffee. However, the sugar in most other beverages can slow digestion, cause extra fat storage and it requires extra water to metabolize. Most beverages increase acid secretion in the stomach. Cola drinks contain phosphorus which can deplete the body's calcium, contributing to brittle bones. Caffeine is a drug found in coffee, tea and cola drinks.

What are the consequences if I don't drink enough



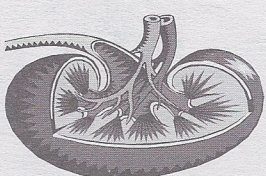
water? Toxic wastes can build up in your body, you can become very tired and your body will have to work harder to perform it's functions. The kidneys may not function adequately without enough water. Water also acts as a coolant to keep the body temperature a constant 98.6 degrees F.

## EXTERNAL USES OF WATER

There are many uses for water outside the body as well. Regular bathing helps to cleanse away dirt and waste products from the skin. Cool water can help to reduce fever and warm water can bring warmth to chilled bodies. A warm bath is helpful if you are having trouble going to sleep.

Trouble waking up in the morning? Try a cool shower or a brisk rub of your skin with a washcloth dipped in cold water. If you are really brave, try adding ice to the water. You may never need another "wake-up" cup of coffee again.

Remember, water is the single most important substance in your body. Use it abundantly for good health and vitality.



NORMAL KIDNEY

