

Water is Life

Water sustains all life. Next to oxygen it is the most important nutrient the body needs. In the total absence of water, dehydration and a breakdown of normal functioning occurs which in a matter of a few days leads to death. Thirst is one of the last symptoms of your body's many cries for water but by this point you are **already severely dehydrated**.

10 benefits of water and proper hydration:

1. Water is great for energy levels and also contributes to **good sleep** and restoration of bodily systems.
2. When the body is fully hydrated, the blood is approximately 92% water. This helps to keep the blood moving freely through the veins and arteries, helping to **prevent high blood pressure** along with other cardiovascular ailments.
3. When the body is **dehydrated, it creates more histamine** which can make the body feel congested and cause difficulty breathing, along with other allergic reactions such as asthma and eczema caused by the body's response to foreign bodies.
4. With proper hydration, **the skin glows**. Without it, the skin cannot properly rid itself of toxins and so becomes irritated, inflamed, and congested, causing itching, blackheads, redness, acne and blotchiness.
5. When the body isn't hydrated, it will start to produce **more cholesterol** so that cells can still function properly. High cholesterol is not good for the body.
6. Water can help **eliminate and reduce ulcers, bloating, gas, gastritis, acid reflux and IBS**. It will also aid constipation since it helps move matter more quickly through the intestinal tract.
7. People who are well hydrated experience less frequent bladder/kidney infections since water helps to flush out any unwanted microbes that try to accumulate in these organs responsible **for eliminating toxins and bodily waste**.
8. Most of the padding in our cartilage is made up of **water**, so if we don't drink enough our bones will feel stiff.
9. When our cells are depleted of water they cannot create energy we need to function and so they send a signal to the brain often causing us to **eat more**.
10. All of our organs require water to function properly including the brain which can actually shrink if the body is dehydrated, particularly after childbirth, **this is why Mumma's get baby brain – seriously!** If we stay dehydrated for long stretches, every cell, organ, and system in the body has to work harder, which means we will **age faster**.



It is recommended that we drink at least 4 pints of good quality water each day to hydrate our bodies.

Water should be of pH 7 or slightly above and the best quality water originates underground and comes direct from a natural spring. This water is pre-loaded with a steady supply of vitamins and minerals (such as calcium, magnesium and potassium); is heavily oxygenated and untouched by wo/man. Not everyone is lucky enough to have access to a natural spring but spring water can be bottled as too can mineral water. Mineral H₂O also originates underground but flows over and through rocks before it's collected and bottled. The major defining characteristic of natural mineral water in the UK is that it must contain 250ppm of trace minerals to be considered true "mineral" water. It should also be said that local water (and anything else you wish to consume or present to your body) is always better for you than water that is imported from other countries. **The earth provides what our body needs and we don't have to travel far to find it.**

There are several other types of water that are treated in different ways; the most popular methods are:

Distilled water: The distillation process involves boiling the water and then condensing the steam back into water in a sterilized container. This process kills bacteria and viruses and draws out contaminants such as lead and mercury. This water is great for consumption over **very short periods** as a way of detoxing the body but should not be consumed long term as it does not contain the minerals or electrolytes that the body needs.

Filtered water: Usually the source of this type of water is tap water which has been run through a carbon filter to remove bacteria, heavy metals, pesticides and chlorine. However, not all types of filters remove all chemical contaminants. There

are many types of filters that you can buy such as a whole house filtration system or a smaller filter that fits into a water jug or fridge.

Purified water/reverse osmosis: Involves a very aggressive and costly procedure that strips water from all of its natural components and contaminants. It is considered “dead” water and like distilled water, does not hold any minerals therefore is **not good for long term** use.

Bottled water: Bottled water may contain mineral, spring, sparkling, carbonated, filtered or just simply plain old tap water. Glass bottles are better vessels as they do not leach toxins into the liquid like a plastic bottle does. Glass is also more friendly for the environment.

Tap water: is the most affordable type of water but not as favourable due to the toxins added to it such as chlorine and lead picked up from water pipes. You can improve the quality of tap water by adding a pinch of Himalayan salt, bi-carbonate of soda or a slice of lemon to alkalise the water. Anything with a ph. of 7 or above is considered alkaline.

Tip: You can oxygenate water simply by shaking it!

There are other liquids that can hydrate the body quickly and effectively. One example is coconut water which contains natural sugar and electrolytes that hydrate the body even more effectively than pure water. In World War II, coconut water was used for blood transfusion due to its likeness to blood plasma.

There are many water rich foods that hydrate the body such as watermelon, celery, cucumber, radishes, strawberries and lettuce. We can also get more water into our body by soaking grains and legumes overnight prior to cooking. Alternatively, there are liquids and foods that dehydrate the body such as caffeine, alcohol, sugar and table salt. These should either be avoided, or water consumption increased to rehydrate the body.

The Science...

The Sodium and Potassium Cycle (also known as the sun and moon cycle) allows mineral exchange in the body’s cells. This is based on how much activity is undertaken during the daytime and how much rest the body gets in the evening as this is when our body is cleansing itself on a cellular level. We tend to need to **sleep for longer when the body needs to cleanse itself more.**



During the day time (sun), acid forming minerals sodium and calcium enter the cells and alkaline forming minerals magnesium and potassium leave the cells. The reverse happens at night (moon) while resting. Our body needs twice as much magnesium and potassium during daytime activity. Being properly hydrated enables this cellular exchange to take place because oil and water carry these electrolytes which help the blood to hold onto the water we consume.

Magnesium is an electrolyte that many people are deficient in and this deficiency can cause a wealth of symptoms including dehydration, irregular sleep patterns, frequent urination, muscle cramps/spasms and anxiety. The body cannot hold onto potassium if magnesium reserves are low which then has an impact on the healthy cellular exchange described in the cycle above. Not only this but magnesium regulates over 300 enzyme reactions in the body which translates to thousands of biochemical reactions happening on a constant and daily basis. **Therefore, magnesium may be one of the most underutilised yet most necessary electrolytes.**

Proper hydration is crucial for every “body” both to prevent dis-ease and treat or heal our body. It is vital that we ensure our body is nourished with enough **good quality water**, a balance of essential fatty acids and the right electrolytes, particularly magnesium in order to function at optimal levels, this will allow us to feel well both physically and mentally and prevent further dis-ease. **Drink up!**