

## **HYDRATION—A CORNERSTONE FOR OPTIMAL HEALTH**

Water is the perfect liquid, created by the perfect God, and absolutely essential for life to exist. It becomes apparent how important water is when we learn that we can live only about a week without it. It is an amazing fact that our bodies actually consist of an average of 70 percent water. Because of this it is vitally important to drink plenty of water throughout the day to replenish the water content of our bodies.

One of the main reasons to take a closer look at this topic of hydration, or keeping the body at its optimal level of water, is because of its tremendous effect on one's performance. Staying well hydrated increases energy levels and improves mental focus. These two benefits alone are worth their weight in gold. In addition, we need water to continually bathe and flush our body tissues, to keep our skin from drying out, to keep the mucous membranes soft and liable, to help regulate body temperature and processes and to transport nutrients throughout the body. In fact, water is continually bathing every cell in our bodies, and must be present for the thousands of cellular processes that occur in the body each moment.

It is important to drink water throughout the day. A general rule of thumb is to drink 1 ounce of water for every 2 pounds of body weight per day. I suggest keeping a water source easily available throughout the day, so you can have some water at least every 30 minutes. You will find that this habit will help give you a steadier energy level. It helps keep the kidneys hydrated so they function optimally in cleansing the body, which allows the liver to focus on metabolizing stored fat into usable energy. One added bonus to drinking water throughout the day is that it has the effect of feeling less hungry, which can help you cut back on your food intake. Remember, two common symptoms of dehydration are fatigue and headaches.

Our bodies use up about 9 cups of water a day through breathing, perspiring, urinating, and physical exercise. The more activity you are doing the more water you need to drink (especially on those warm sunny summer days at the beach and in the water). Also, many beverages, such as alcohol, sodas and coffee actually have a dehydrating effect, and will also increase the need for more water.

A good case for eating plenty of fresh fruits and vegetables is that not only do they contain vitamins, minerals, antioxidants and fiber, but also they are a source of pure healthy water. In fact many fruits and vegetables are 80 percent water.

For your drinking water I suggest you choose a pure source. One of the best sources I am aware of is water run through IonWays filtration system.

This system alkalizes, oxygenates and adds antioxidants to your drinking water. These three benefits help to keep you more hydrated and your body in an overall improved state of health. Adding some lemon or lime to your water can enhance its taste and have a cleansing effect on the liver.

In summary, by staying well hydrated you will greatly enhance your health. You will have more energy, better mental function, and more fun enjoying your favorite activities. H2O forever.

Note: Please contact me if you want more information on Ion Ways water filtration systems. [mariposadoc@insideoutbodyspa.com](mailto:mariposadoc@insideoutbodyspa.com) or 559-641-7400