

Here are extracts from two articles that explain the importance of drinking adequate water. Unfortunately, these days, tap water can contain many potentially hazardous additives. A water filter jug can improve the quality of water and the taste. If buying water, get still water from a reliable source.

### **'How 8 Glasses a day Keeps Fat Away' Adapted from an article by D S Robertson MD**

Water suppresses the appetite naturally and helps the body metabolise stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits. Here's why:

#### **Metabolism**

The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver. One of the liver's primary functions is to metabolise stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolises less fat, more fat remains stored in the body and weight loss stops.

#### **Fluid Retention**

Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold onto every drop. Water is stored in extra-cellular spaces outside the cells. This shows up as swollen feet, legs and hands.

The best way to overcome the problem of water retention is to give the body what it needs: plenty of water. Only then will stored water be released.

The overweight person needs more water than the thin one. Larger people have larger metabolic loads. Since we know that water is the key to fat metabolism, it follows that the overweight person needs more water.

#### **Muscle tone**

Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. This also helps to prevent the sagging skin that usually follows weight loss. Shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient.

#### **Waste**

Water helps rid the body of waste. During weight loss, the body has a lot more waste to get rid of. All that metabolised fat must be shed. Again, adequate water helps to flush out waste.

#### **Constipation**

Water can relieve constipation. When the body gets too little water, it siphons what it needs from internal forces. The colon is one primary source. Result? Constipation. But when a person drinks enough water, normal bowel function usually returns.

#### **How Much?**

So how much water is enough? On the average a person should drink eight 8 ounce glasses every day. However the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink should also be increased if you exercise or if the weather is hot and dry.

## **Adapted from 'Why Drink Water' by Dr Brett**

Many patients suffer from a variety of symptoms, all of which can be traced to a lack of water intake. Most drink plenty of fluids: coffee, soda, tea and juice. But none drink enough water.

What kinds of symptoms result from drinking too little water? Most commonly – constipation, dry and itchy skin, acne, nose bleeds, repeated urinary tract infections, dry coughs, sneezing sinus pressure, headaches and even depression.

You might ask how a lack of water intake can cause this wide array of symptoms. Water is required by every cell in the body as nourishment and to remove wastes. When water becomes scarce, the body tries to limit the amount it loses through breathing, mucous production, urination, perspiration and bowel movements.

Several cups of water are lost daily through breathing because the lungs require humid air to do their work. In the winter when drier air prevails outside and heating systems dry out the air inside, even more water is lost. The body has to moisturise the air before it reaches the lungs and does so through the mucous membranes lining the nasal passages and the bronchi. As available fluid decreases, the mucous lining becomes drier. This in turn irritates the lungs, causing them to become more reactive to dust, cigarette smoke and other irritants, and less resistant to viruses and bacteria. The result: dry cough and bronchitis.

The lack of water in the body makes the all important mucous less viscous and can cause constipation, IBS and a slowed movement of bowel contents. These problems in turn increase the risk of other long-term disease including haemorrhoids and colon cancer.

The mucous lining in the sinus passages is similarly vital as a defence against disease, When it becomes drier, sinusitis, nosebleeds and allergies symptoms worsen.

Obviously, we all lose some water through urination which is required for the removal of various toxins from the body. When fluid volume is diminished, the ability of the body to remove toxins through urination is also diminished. It is a common misunderstanding that the more water we drink, the harder it is on the kidneys. In fact, except for people with some uncommon kidney problems, the opposite is true. Water-soluble toxins cannot be easily removed through the bowels, especially when lack of water also causes constipation. These toxins then must be eliminated in other ways such as through the skin. The increase in body toxin levels can cause headaches and fatigue. The attempt by the body to remove excess levels of unwanted chemicals through the skin can cause acne and will aggravate eczema.

The easy solution to all these problems is to drink more water. Coffee, tea and sodas all contain caffeine, which is a known diuretic and will actually accentuate the symptoms of fluid loss. Fruit juices are more concentrated in sugar than your body's fluids and so the body will attempt to dilute them in the gut thereby causing a loss of water from other areas of the body. 8 glasses per day will suffice for most people, more in hot dry seasons and if you exercise a lot. Herbal teas and diluted fruit juices (1/3 fruit juice to 2/3 water) can be substituted for some of the water. Drink one extra glass of water for each cup of coffee or black tea you have.

Water can be a miracle cure of many common ailments. Try drinking some now and see if you don't feel better.