

Of Special Interest

- Hydration
- Water...Healing
- Detoxing

We forget that the water cycle and the life cycle are one.

– **Jacques Cousteau**

Water is the driver of Nature. – **Leonardo da Vinci**



Hydrated?

Feedback, suggestions, and contributions must be in the second week of the preceding month.

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Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.

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Over 2000 copies circulating in 46 states and 15 countries abroad.

Water

1. 75% of Americans are chronically dehydrated. (Likely applies to half the world population.)
2. In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly

ease back and joint pain for up to 80% of sufferers.

7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%., and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day?

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Water - the great healer
Remember, water should always be used during any

type of detox program to help dilute and eliminate toxin accumulations. It is likely the most important detoxifier. It helps clean us through our skin and kidneys, and it improves our sweating with exercise; 8 to 10 glasses a day (depending on our size and activity level) of clean, **filtered** water are suggested. Drink 1/2 your body weight of water in ounces, daily. Example: 180 lb = 90 oz. of water daily. Divide that into 8 or 10 oz. glasses and that's how many glasses you will need to drink, daily. Use 1/4 tsp. of salt [non-refined, ocean salt ONLY] for every quart of water you drink.

Share the Health

Drink tap water full of chemicals? Yuk!

Be kind to yourself and family -

Filter your tap water.

- Easy to do
- Healthy
- Cost effective
- Endless supply
- Saves \$\$\$\$\$

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Live Life – Live Well – Live Long

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Make life simple – eat whole natural foods.

If you can't pronounce it – don't eat it.

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Thank You for your continued support.

PASS THIS NEWSLETTER ON TO A FRIEND.

Water – the great healer

Use [sea salt not table salt] salt liberally with food. As long as you drink the water, you can use the salt. "Redmond Real Salt" is a good choice as it contains 50+ trace minerals.

P.S. (USE Clean Filtered Water, Use non-refined, ocean salt ONLY)

Caution: If you have hypertension do not use salt unless approved by your physician.

Cure # 1: Water prevents and cures heartburn

Heartburn is a signal of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body. The use of antacids or tablet medications in the treatment of this pain does not correct dehydration, and the body continues to suffer as a result of its water shortage.

Tragedy: Not recognizing heartburn as a sign of dehydration and treating it with antacids and pill medications will, in time, produce inflammation of the stomach and duodenum, hiatal hernia, ulceration, and eventually

cancers in the gastrointestinal tract, including the liver and pancreas.

Cure # 2: Water prevents and cures arthritis

Rheumatoid joint pain - arthritis - is a signal of water shortage in the painful joint. It can affect the young as well as the old. The use of painkillers does not cure the problem, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt will cure this problem.

Cure # 3: Water prevents and cures back pain

Low back pain and ankylosing arthritis of the spine are signs of water shortage in the spinal column and discs - the water cushions that support the weight of the body. These conditions should be treated



A good detoxification diet will make your body ALKALINE

with increased water intake - not a commercial treatment, but a very effective one.

Tragedy: Not recognizing arthritis and low back pain as signs of postural misalignment and dehydration in the joint cavities and treating them with painkillers, manipulation, acupuncture, and eventually surgery will, in time, produce osteoarthritis when the cartilage cells in the joints have eventually all died. It will produce deformity of the spine. It will produce crippling deformities of the limbs. Pain medications have their own life-threatening complications. A better course of action would be preventive

Cure # 4: Water prevents and cures angina

Heart pain - angina - is a sign of water shortage in the heart/lung axis. It should be treated with increased water intake until the patient is free of pain and independent of medications. Medical supervision is prudent. However, increased water intake is angina's cure.

A good detoxification diet will make your body ALKALINE. The acid/alkaline balance of your body needs to be managed. Most people today have an over acid body, primarily from a diet of acid-forming foods and stress. With regard to stress: use the quiet time during your menus to meditate and relieve stress.

This is a partial list of reasons to drink water. If interested, call or e-mail for complete list.

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It's difficult to be acid and totally healthy. Becoming acidic is one of the first steps toward illness. It's almost impossible to find someone

**Dehydration leads to water retention because the body cannot function correctly without sufficient water.**

**If your exercise routine is not causing a sweat, it's not exercise. If you are not reaching your THR, it's not exercise.**

## Healthy Decisions...

with a disease who is not over acid. Anytime the body drops from full vitality, weakened areas result. Stress alone may create the over acidity which leads to mucoid plaque. And stress often prompts deviation from a good diet as the person seeks comfort or quick energy through acid-forming foods.

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The human body is comprised of 206 bones, 230 joints, and depending how we look at it 650+ muscles, intertwined with the various organs and inner working systems. We have systems that control how we react to danger, when we need to sleep and eat, and systems that ward off disease. This complex system of tissues, bones, joints and cells is controlled by one of the most fantastic computers ever conceived - the brain. This complex system requires water to perform efficiently and healthily.

HYDRATE

Exercise or Not...



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

It's your decision.

Health & Motion is Here for You

"Water is the only drink for a wise man."

- Henry David Thoreau



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