

WATER!!!



The importance of staying hydrated is the foundation of good health!

- Water is the most important nutrient in the body
 - You can go 8 weeks without food, but only days without water.
 - Water makes up 55 - 60% of our total body mass.

We need on average, half of our body weight in ounces per day.

Avoid diuretic beverages, such as, Caffeine, Soda, Alcoholic Beverages and Packaged Fruit Juices.
Many prescription drugs are diuretics as well.

If you drink an 8-oz diuretic beverage, add 12—16 oz of water to your daily intake.

Make sure to get adequate electrolytes through electrolyte solutions or unrefined sea salt.

What does water do for us?

- Transports nutrients
 - Regulates body temperature
 - Keeps cells hydrated
 - Removes wastes
 - Flushes Toxins
 - Cushions bones & joints
 - Lubricates joints
 - Empowers the natural healing process
- ... and much, much more!

The Early signs of dehydration:

- Fatigue
- Anxiety
- Irritability
- Depression
- Cramps
- Headaches
- Cravings

Ignore early signs, then what?

- Heartburn
- Joint Pain
- Back Pain
- Migraines
- Constipation
- Colitis
- Fibromyalgia



What can you do?

Get half your body weight in WATER per day !