

## **1) ALL ABOUT WATER:**

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University study.

Lack of water is the number one trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.

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 every day?

The average adult loses about 2.5 litres water daily through perspiration, breathing and elimination. Symptoms of the body's deterioration begins to appear when the body loses 5% of its total water volume. In a healthy adult, this is seen as fatigue and general discomfort, whereas for an infant, it can be dehydrating. In an elderly person, a 5% water loss causes the body chemistry to become abnormal, especially if the percentage of electrolytes is overbalanced with Sodium. One can usually see symptoms of aging, such as wrinkles, lethargy and even disorientation. Continuous water loss over time will speed up aging as well as increase risks of diseases.

If your body is not sufficiently hydrated, the cells will draw water from your bloodstream, which will make your heart work harder. At the same time, the kidneys cannot purify blood effectively. When this happens, some of the kidney's workload is passed on to the liver and other organs, which may cause them to be severely stressed. Additionally, you may develop a number of minor health conditions such as constipation, dry and itchy skin, acne, nosebleeds, urinary tract infection, coughs, sneezing, sinus pressure, and headaches.

So, how much water is enough for you? The minimum amount of water you need depends on your body weight. A more accurate calculation is to drink an ounce of water for every two pounds of body weight.

## **2) ANOTHER NEW THING TO PUT INTO PRACTICE!!**

This makes sense.... the Chinese and Japanese drink hot tea with their meals...not cold water... maybe it is time we adopt their drinking habit while eating!!! Nothing to lose, everything to gain...

For those who like to drink cold water, this article is applicable to you.

It is nice to have a cold drink after a meal, however, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this "sludge" reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine.

Very soon, this will turn into fats and may lead to cancer. It is best to drink hot soup or warm water after a meal.