

**A 5% drop in  
water levels in  
the body can  
cause a 25-30%  
loss in energy**



## **Water & Hydration**

A drop in water content in your body causes an imbalance of minerals, affecting the way you function

# WATER & HYDRATION - THE FACTS

## The importance of water

Water is an essential part of our diet. A person could live without food for about a month, but only about a week without water.

The human brain is composed of 95% water; blood is 82% water; the lungs are nearly 90% water. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic maths, and difficulty focusing on the computer screen or on a printed page. Mild dehydration is also one of the most common causes of daytime fatigue. Estimates are that seventy-five percent of Americans have mild, chronic dehydration.

## Water is an appetite suppressant

Plus, it has shown itself to be beneficial in losing weight and body fat percentage. Here's why: 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 metabolize 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 metabolizes less fat, more fat remains stored in the body, and weight loss stops.

## How much water to drink

Drinking eight glasses of water daily decreases the risk of colon cancer by 45%. Drinking enough water can also reduce the risk of bladder cancer (by 50%) and it can potentially even reduce the risk of breast cancer.

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



The overweight person needs more water than a 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. The overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink also should be increased if you exercise briskly or if the weather is hot and dry. Glasses of tap water for the price of a six-pack of fizzy drinks.