

Water

Water is powerful medicine:

- Drinking enough water reduces your risk of having a Heart Attack **equal** to the following benefits:
 - Maintaining an ideal body weight
 - Reducing high blood pressure
 - Reducing blood cholesterol
 - Stopping smoking
- Water is virtually FREE!
- Water in moderate amounts for healthy people has NO adverse reactions (no “side effects”).
 - Water “intoxication” or “poisoning” (drinking too much water) can be fatal.
- Water in recommended amounts will effectively cure or prevent many diseases, including:
 - Kidney stones
 - Gallbladder disease
 - Constipation
 - Urinary tract infections
 - High blood pressure
 - Glaucoma
 - Venous blood clots (DVT’s)
 - Cardiovascular disease
- **Water is beneficial in reducing or improving most diseases**, even Cancer and Diabetes.
- Water in proper amounts improves overall health and wellbeing. (It’s free and has no adverse effects!)

Those who drank > 5 cups of water per day had less than 50% of the risk for coronary artery (heart) disease compared to those who drank < 2 cups of water per day. -- *American Journal of Epidemiology*

Drinking enough water is the most effective preventive measure against heart disease.

“Not drinking enough water can be as harmful to your heart as smoking.” -- Jaqueline Chan, DrPH

Drinking anything other than pure water increases one’s risk of coronary heart disease, including:

- Coffee, Tea,
- Soda (carbonated beverages)
- Fruit Juices
- Alcoholic beverages

Q: How can simply drinking enough pure water have such a powerful effect on our cardiovascular health?

A: Because **drinking enough water prevents dehydration**, which causes:

- Blood “stickiness”
- Increased activity of blood elements that promote **clotting**
- Increased risk of coronary heart disease, heart attack, and sudden death

How much water is “enough” ?

- Generally, your Body Weight (pounds) / 2 = Amount of Water (ounces)
 - Example: 150 pounds / 2 = 75 ounces = Ten 8-ounce Cups of Water / Day
- Drink even more water with:
 - Exercise
 - Warmer environments
 - Fever
 - Diarrhea
- Use body awareness and common sense. Err on the side of extra water intake (wide safety margin).
- Relying on your sense of “thirst” is usually not accurate – distorted towards too little or too much!
- Get in the habit of drinking 1-2 cups in the morning and 1 cup at night, then frequently during the day.

The human body is 75% water (3/4), and the human brain is 85% water.

Water is not just “the basic universal solvent of life,” it is necessary in many of the body’s metabolic activities.

If water is so important and beneficial, why don’t we hear more about it?

- No one owns the patent for water, H₂O (God owns it, and He gives it to us freely.)
- No worldly profit in water research or water promotion. It is a “natural” resource.
- Water is an open-access “natural” remedy – when used as God designed it to be used.
- Although water is a powerful medicine, no Rx is required.

General Recommendations:

- Get in the habit of drinking “generous” amounts of pure water.
- Drastically restrict or eliminate the consumption of coffee, tea, soda, and fruit drinks.
- Try to avoid the use of plastic-bottled water to save money, avoid the controversy of BPA’s, and as an environmental conservation effort to reduce, reuse, and recycle plastics.
- Use a charcoal filter when using tap water for consumption (also saves \$ over bottled water).
- Test your water for contaminants (heavy metals), especially if getting water from a well.

In achieving your goal of living to 120, drinking plenty of water is an important habit that you should make part of your Optihealth Lifestyle.

Homework Assignment: See Worksheet (page 3)

Keep track of **ALL** the fluids you consume over 24 hours. Note the **amount** of **fluid** with the **type** of fluid. Add the amounts of all **non-water** fluids and compare it to the amount of pure **water**.

Extra Credit: Track the **time**, **cost**, and **calories** of all **non-water** fluids and compare it to pure **water**.

Questions & Resources

Clear Urine: Generally, if you are drinking “enough,” your urine should be almost clear with just a faint, light yellowish coloration. The number of urinations per day or the daily volume of urine production are not accurate ways to gage adequate hydration. There are too many individual variables to specify frequency or volume.

BPA’s (Bi-Phenol A): Plastic water (and soda) bottles do not contain BPA. They use PET (polyethylene terephthalate). All plastics used in food and beverage products in the U.S. and other developed countries are highly regulated and are safe for use.

Water Fluoridation (adding fluoride to the community water supply): Many research studies have proven the safety and benefits of fluoridated water. For 75 years, people in the United States have been drinking water with added fluoride and enjoying the benefits of better dental health. Drinking fluoridated water keeps teeth strong and reduces cavities by about 25% in children and adults. By preventing cavities, community water fluoridation has been shown to save money both for families and for the US health care system.

Water Pitcher Filtration: All commercial brands are safe and effective. Approximate costs: Pitcher \$32 + filters at \$8 each. Each filter treats about 50 gallons to last 2-3 months. = \$0.01 / 8-ounce cup.

Re-Usable Vacuum-Insulated Metal Water Bottles: \$20 - \$40 variable sizes, shapes, colors, styles. Keeps cold water cold and hot water hot for over 12 hours despite extreme temperatures.

Water Testing Kit: Do-It-Yourself – Home Depot or Amazon, \$10 - \$40. Generally, do-able and reliable.

Optional Assignment: My Consumption of Fluids

Keep track of **ALL** the fluids you consume over 24 hours. List the **amount** of **fluid** with the **type** of fluid. (Types may be Caloric, Diet, Caffeine, Alcohol, Milk, Juice, etc., depending on what your “favorite” fluids are.)

Total the amounts of **non-water** fluid **types** and compare them to the total amount of pure **water**.

Extra Credit: Track the **time**, **cost**, and **calories** of all **non-water** fluids and compare them to pure **water**.

| Fluid Intake Log | | | | | Name |
|--|---------------|-----------------------------------|--------|--------|------------|
| Date | Name of Fluid | Amount in Ounces by Type of Fluid | | | |
| Time | | Type 1 | Type 2 | Type 3 | Pure Water |
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| 24-Hour Totals by Type | | | | | |
| Grand Total | | | | | |
| Notes on Time spent obtaining, preparing, consuming your favorite fluids. | | | | | |
| Notes on Money spent on your favorite fluids. | | | | | |
| Notes on Calories of your favorite fluids. | | | | | |

Are your “favorite” non-water fluids worth their price in time, money, calories, and health? Yes No