

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 = recommended 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 our goal of living to 120, drinking plenty of water is an important habit that we should make part of our healthy lifestyle.