

Top 10 Benefits of Water

Your body is made up of 75% water! If you're deficient, your organs (including your brain) will not function properly.

10 Reasons to DRINK MORE WATER...

1. Take a shower on the inside! (It flushes out toxins)
2. Lube up your joints and muscles
3. Improve heart function
4. Plump up your skin and make it healthier
5. Regulate your body temperature
6. Increase your metabolism (burn fat)
7. Improve your immune system
8. Generate brain power
9. Get more energy
10. Stay regular (eliminate waste daily)



Tips to Drinking Enough Water:

START YOUR DAY with a glass of water. As soon as you get up and go to the bathroom, you should drink a full glass (8-12 ounces) of water. This helps kick start your digestive system and helps with elimination.

The average person should drink about half of his or her body weight in water daily. For example, if you weigh 150 pounds, you should be consuming about 75 ounces per day. Your water intake should INCREASE if you are exercising or cleansing your body in any way.

If you're currently not drinking enough water, try adding an 8-ounce glass to what you are currently drinking. When that becomes a habit, add another 8-ounce glass. Continue this process until you are at the recommended amount.

Note that it is best NOT to consume water within an hour of going to bed. Limiting water intake before bed keeps you from waking up in the middle of the night to go to the bathroom.

Water Quality:

Not all water is created equal. Unfortunately, many city water systems do not filter out all the contaminants and often contain a lot of chlorine and fluoride, both of which are toxic. Bottled and filtered water generally remove the contaminants; but also vital minerals. Another issue with water (both tap and filtered) is that it is typically acidic (not pH balanced). There are quality filtration systems that increase the pH (making it more alkaline), remove the bad stuff and still retain the vital minerals. For more information on water quality, see my water quality report.

Note that your best bet for transporting water is to use a *glass or stainless steel* (instead of aluminum or plastic) container.

Cheers to your good health! ☺