

Center for Integrated Holistic Medicine

26 Linden Avenue, Suite 102 ♦ Springfield, NJ 07081 ♦ 973-921-0348

Water – the Fountain of Youth

The importance of drinking water can be told in a simple case history. A young, beautiful, and bright MBA student came to our office with a history of severe dry eyes. Her ophthalmologist recommended prescription drops for her eyes to alleviate the dryness. He did tell her that he was concerned about her losing her eyesight due to the fact that her tear ducts were not producing enough tears to keep her eyes healthy.

Upon answering a series of simple lifestyle questions, we discovered that she never drank water. She did drink plenty of iced tea, juice, and other beverages but never drank water.

Her homework was simple. She was to adequately hydrate her body with pure water. Within a week, her dry eye problem totally resolved itself. She was amazed that no one had ever asked her about her water intake before!

Here lies the beauty of holistic medicine; we find the source of the problem and work to fix it through simple and inexpensive life-style changes. When necessary, we add other natural and non-invasive therapies.

Drinking pure water is one of the most important health habits we can do for ourselves. Your body is approximately 75% water. Your brain is about 85% water. Simple signs of dehydration are hunger, headaches, and body aches. It is a shock for many people to learn that a lack of thirst can also be a sign of too little water!

So if you are looking to lose some weight, reduce your aches and pains, and enhance your mental alertness, take the prescription recommended to our MBA friend:

- **Divide your weight by 2 and drink that many ounces of pure water per day. Her weight was 130 pounds, so she was required to drink 65 ounces or 8 glasses/day.** If you are physically active, increase the amount by another 25% to 50%.

To further enhance the enjoyment and benefit of drinking water, you can add a dash of fresh organic lemon juice or a couple of drops of essential oil of lemon (therapeutic grade please). This makes the taste refreshing and helps to flush toxins from the cells in your body.

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Water – the Fountain of Youth (cont.)

Important water tips include:

- **For every cup of coffee or other drink laden with caffeine, add another cup of water for the day.** Tea and coffee act as diuretics; this requires you to need more water. The iced teas our MBA student drank exacerbated her dehydration problem!
- **Skip the ice.** Ice cold drinks squelch the fire of digestion, making food digestion and assimilation more difficult.
- **Drink lots of water between meals.** This works as a great appetite reducer and helps to cleanse your cells.
- **Avoid tap water whenever possible.** Invest in a good water filter for your home to save on bottled water. The chlorine in tap water has been shown to weaken your thyroid function. A weaker thyroid slows down your fat-burning metabolism.
- **Select spring water (without the bubbles) in restaurants.** Those bubbles (carbonation) reduce the friendly bacteria in your intestines, which can lead to mal-absorption. This prevents you from getting all of the nutrients your body needs from your food, which leads to overeating.

In a short while, you will notice the benefits of drinking the right amount of pure water:

- **Enhanced mental alertness**
- **Fewer aches and pains**
- **Better bowel movements**
- **Reduced frequency of headaches**
- **Easier weight loss**

All of which can lead to a happier and more productive you!

If you would like to learn more about water's benefits, you can read **Your Body's Many Cries for Water** by Dr. Batmanghelidj.

Therapeutic-grade lemon oil is available at www.younglivingabundance.com