

Natural Health
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Top 10 Reasons We Need To Drink Water!

1. Water is the substance of life. Life can not exist without water. We must constantly be adding fresh water to our body in order to keep it properly hydrated. Water can be a miracle cure for many common ailments such as headaches, fatigue, joint pain, and much more. We can go for weeks without food, but only 3 days without water!
2. The body is comprised of 80% water. Water makes up nearly 85 percent of your brain, about 80 percent of your blood and about 70 percent of your lean muscle. (Because there are a lot of tissues that have less water, the average is about 50 percent.).
3. It is difficult for the body to get water from any other source than water itself. Soft drinks and [alcohol](#) steal tremendous amounts of water from the body. Other beverages such as coffee and tea are diuretics therefore stealing precious water from the body.
4. Water plays a vital role in nearly every bodily function. Lack of water is the #1 trigger of daytime fatigue. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
5. Water is essential for proper digestion, nutrient absorption and chemical reactions. The [carbohydrates](#) and [proteins](#) that our bodies use as food are metabolized and transported by water in the bloodstream. No less important is the ability of water to transport waste material out of our bodies.
6. Water is essential for proper circulation in the body. The levels of oxygen in the bloodstream are greater when the body is well hydrated. The more oxygen the body has readily available the more fat it will burn for energy without the presence of oxygen the body cannot utilize stored fat for energy efficiently. Not only will the body burn more fat when well hydrated but because there are increased oxygen levels you will also have more energy.
7. Water helps remove toxins from the body, in particular from the digestive tract. Water suppresses the appetite naturally and helps the body metabolize stored fat. [Studies](#) have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.

8. Water regulates the body's cooling system. Sports drinks are useful when consumed after or during vigorous and prolonged exercise in high heat. But most experts agree that water works better than carbohydrates or sugared beverages for moderate exercise. For instance, if you drink 12 ounces of plain water, your body will absorb 8 ounces of it within 15 minutes.

If you drink 12 ounces of a 10% sugar solution, less than 1 ounce will be absorbed in the same period. The typical soft drink is a 10 to 12% sugar solution.

9. Consistent failure to drink enough water can lead to Chronic Cellular Dehydration. These conditions where the body's cells are never quite hydrated enough leave them in a weakened state, vulnerable to attack from disease. It weakens the body's overall immune system and leads to chemical, nutritional and pH imbalances that can cause a host of diseases.
10. Dehydration can occur at any time of the year, not only during the summer months when it is hot. The dryness that occurs during winter can dehydrate the body even quicker than when it is hot. When you are dehydrated you tend to eat more.

General Rule: Due to the fact that every body is different the rule we often hear about drinking 8-8oz. Of water per day can be misleading. We need to drink half our body weight in ounces of water every day to provide the body with its MINIMUM water replacement requirements. Triple the intake for better results.

Top 10 Reasons To Consume Water Instead Of Soft Drinks!

1. Soft drinks steal water from the body. They work very much like a diuretic which takes away more water than it provides to the body. Just to process the high levels of sugar in soft drinks steals a considerable amount of water from the body.

To replace the water stolen by soft drinks, you need to drink 8-12 glasses of water for every one glass of soft drinks that you consume!

2. Soft Drinks never quench your thirst, certainly not your body's need for water. Constantly denying your body an adequate amount can lead to Chronic Cellular Dehydration, a condition that weakens your body at the cellular level. This, in turn, can lead to a weakened immune system and a plethora of diseases.
3. The elevated levels of phosphates in soft drinks leach vital minerals from your body. Soft Drinks are made with purified water that also leach vital minerals from your body. A severe lack of minerals can lead to Heart Disease (lack of [magnesium](#)), Osteoporosis (lack of [calcium](#)) and many other diseases. Most vitamins can not perform their function in the body without the presence of minerals.
4. Soft Drinks can remove rust from a car bumper or other metal surfaces. Imagine what it's doing to your digestive tract as well as the rest of your body.
5. The high amounts of sugar in Soft Drinks cause your pancreas to produce an abundance of insulin, which leads to a "sugar crash". Chronic elevation and depletion of sugar and insulin can lead to diabetes and other imbalance related diseases. This is particularly disruptive to growing children which can lead to life-long health problems.
6. Soft Drinks severely interfere with digestion. [Caffeine](#) and high amounts of sugar virtually shut down the digestive process. That means your body is essentially taking in NO nutrients from the food you may have just eaten, even that eaten hours earlier. Consumed with french-fries which can take WEEKS to digest, there is arguably nothing worse a person can put in their body.
7. Diet soft drinks contain Aspartame, which has been linked to depression, insomnia, neurological disease and a plethora of other illness. The FDA has received more than 10,000 consumer complaints about Aspartame, that's 80% of all complaints about food additives.
8. Soft Drinks are EXTREMELY acidic, so much so that they can eat through the liner of an aluminum can and leach aluminum from the can if it sits on the shelf too long. Alzheimer

- patients who have been autopsied ALL have high levels of aluminum in their brains. Heavy metals in the body can lead to many neurological and other diseases.
9. Soft Drinks are EXTREMELY acidic: The human body naturally exists at a pH of about 7.0. Soft Drinks have a pH of about 2.5, which means you are putting something into your body that is hundred of thousands of times more acidic that your body is!

Diseases flourish in an acidic environment. Soft Drinks and other acidic food deposit acid waste in the body which accumulates over time in the joints and around the organs.

For example, the Body pH of cancer or arthritis patients are always low. The sicker the person, the lower the Body pH.

10. Soft Drinks are the WORSE THING you can possibly put in your body. Don't even think of taking a sip of a Soft Drink when you are sick with a cold, flu or something worse. It will only make it that much harder for your body to fight the illness.