

# Life Giving Water

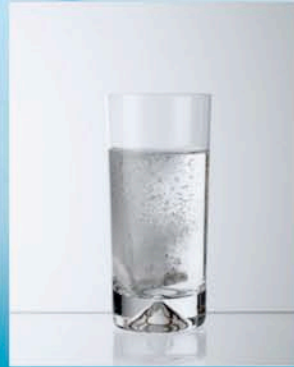
by *Radiant on Raw*

## Are you drinking enough?

All life on Earth came from water. Everything in nature, from microbes to elephants, needs water to live. When the space probe is sent to Mars, what is it looking for? **Water!** It is literally the essence of life. Without this wonderful liquid our beautiful planet would just be another rock flying through space.

Our body is mostly water: the blood is 83% water, our brain is 85% water, nerve tissue is 80% water, even bones are made of 50% water. Water is involved in every chemical process in our body. When a baby is born, its body is over 75% water, but this percentage drops to 50% at old age due to our stressful lifestyle, poor diet and chronic dehydration.

Water is obviously the most important substance we put in our body and yet it is often neglected. 75% of Americans are chronically dehydrated. Lack of water is the #1 trigger of daytime fatigue. In sports, 1% dehydration causes 5% drop in performance. Aging is caused by chronic dehydration and Alzheimer is a disease of dehydrated brain. Drinking just 5 8-ounce glasses of water daily decreases the risk of colon cancer by 45%, and the risk of breast cancer by 79%, and the risk of bladder cancer by 50%. I think it is safe to say that proper hydration is the most important factor in keeping the mind and body healthy.



In a dehydrated mode the body struggles to maintain its pH balance. It is a well-known fact that our internal body needs to stay alkaline (ideally at 7.365) to be healthy. Most cooked foods and animal proteins create acidity in our bodies. Some foods that contribute to an acidic level are meats, white rice, cheese, coffee, tea, alcohol, pasta, breads, cereals, sugar and chocolate. Most Americans maintain high acidity because of "acid-causing" lifestyle characteristics that include, diet, stress and a toxic environment. Prolonged pH imbalance decreases the body's ability to absorb protein, minerals and other nutrients, decreases energy production in the cells, decreases the body's ability to detoxify heavy metals and repair damaged cells. Where there's too much acid, we lose minerals from our bones and teeth, muscles and nerves, and from arteries and joints, which results in heart problems, osteoporosis, arthritis (typical "aging" diseases). Therefore, "alkaline input" (ionized water, alkaline foods like fresh vegetables and fruit, better lifestyle habits) is essential to insure a healthy level of pH balance.

We've all heard that we need to drink 8 glasses of water daily. However, it is not entirely true. The human body loses water through exhalation, perspiration, urination, and elimination (it takes a quart of water just to get a bowel movement). We expel up to 1 gallon of water in 24 hours. For a typical American lifestyle 8 glasses of water are obviously not enough. A good rule of thumb is to drink a quart of water per every 30 pounds of body weight. The best indication of good hydration is frequent urination (fluid should be light in color and almost odorless). If your urine is dark and smells of acid – you are already severely dehydrated.

Two ways to get hydrated is to eat lots of water-rich, juicy raw fruits and vegetables and to drink plenty of pure, high quality water.

**Always drink good quality water.** If you are still drinking tap water I urge you to stop right away. Tap water is a recycled water (yes, including the water from sewer), it contains many harmful chemicals, such as fluoride and chlorine, lead. Many big cities water supplies tested positive for numerous pharmaceutical drugs and many pesticides. Many toxins are still being dumped into our water supply so you really never know what is coming out of your kitchen faucet. Boiling water does rid it of bacteria but it doesn't remove chemicals.

Bottled water is not much better. Besides the fact that the plastic bottle leaks harmful chemicals into the water it contains, there are very few regulations when it comes to bottled water production. There is no disinfection required for bottled water, no major testing for e.coli and viruses are required, mineral water is only required to be filtered of dirt and nothing else, even reports of violation are not required. Most bottled water is highly acidic (3.0). Plus, why would you pay for water anyone? Isn't it supposed to be a free natural resource?

**The bottom line is to get the best quality water you have to treat it at home.** You can do that through installing a filtration system, a distillation system, or a water ionizer. A filter is a great way to remove chemicals and non-organic matter from the water but it won't make the water more alkaline. Distilled water is a kind of water that has been cleaned of everything, and although very pure, it is still acidic and will eventually leach out minerals from the organs and tissues. It's great for short-term detoxification only. The best option, in my opinion, is getting a water ionizer.

Ionized water is not a new concept. In Ancient Greece water was stored in urns of copper and brass to cause ionization. Ionized water is both highly alkaline and free of contaminants. The water ionizer unit, about the size of a bread maker, is an electronic water filter connected to your kitchen water supply to perform controlled low voltage electrolysis on tap water before you drink it or use it in the kitchen for cooking or cleaning. A special attachment redirects tap water out of the faucet through a plastic hose into the water ionizer unit. Inside the unit, the water is first filtered through an activated charcoal filter, removing common pollutants found in city



Cations, positive ions, gather at the negative electrodes creating alkaline or reduced water. Anions, negatively charged ions, gather at the positive electrode to make acidic or oxidized water.

The reduced ionized water comes out of the faucet, and the oxidized water comes out of a separate hose leading into the sink. You can use the reduced water for drinking or cooking. The oxidation potential of the oxidized water makes it a good sterilizing agent, ideal for washing your hands, cleaning food or kitchen utensils, and treating minor wounds and eczema.

Alkaline water can help the body fight many common ailments, including skin conditions, high blood pressure, digestion problems, over acidity, arthritis and osteoporosis. Used externally, the acidic water can reduce the signs of lines on the face and will not damage your hair like tap water does (but it should only be used externally).

There are many ionizers currently available on the market, varying in price and features. Do your research and find an ionizer that matches your needs and your budget.

**Another terrific way to insure you are properly hydration is to eat a diet rich in water-rich raw fruits, vegetables and**

**sprouts.** Vegetable juices are an excellent way to add hydration to your body, especially a celery and cucumber juice. Make sure you eat fresh and organic produce to guarantee the highest quality.

Make sure to drink a quart of water upon rising to start your engines and help your body get rid of toxins. If you work out, make sure you drink a couple of glasses afterwards to ensure you replenish the water lost during the exercises. Carry a good quality reusable water container with you at all times and re-fill it with ionized

water to better results. **Be good to your body and your body will be good to you!**

For more information visit:  
<http://radiantonraw.typepad.com>