

THE IMPORTANCE OF WATER AND HUMAN HEALTH

"I'm dying of thirst!"

Well, you just might be. It sounds so simple. H₂O. Two parts hydrogen, one part oxygen. But this substance better known as water, is the most essential element, next to air, to our survival. Water truly is everywhere. Still, most take it for granted.

Water makes up more than two thirds of the weight of the human body, and without it, we would die in a few days. The human brain is made up of 95% water, blood is 82% and lungs 90%. A mere 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic math, and difficulty focusing on smaller print, such as a computer screen. (Are you having trouble reading this? Drink up!)

Mild dehydration is also one of the most common causes of daytime fatigue. An estimated seventy-five percent of Americans have mild, chronic dehydration. Pretty scary statistic for a developed country where water is readily available through the tap or bottle.

Water is important to the mechanics of the human body. The body cannot work without it, just as a car cannot run without gas and oil. In fact, all the cell and organ functions made up in our entire anatomy and physiology depend on water for their functioning.

- Water serves as a lubricant
- Water forms the base for saliva
- Water forms the fluids that surround the joints.
- Water regulates the body temperature, as the cooling and heating is distributed through perspiration.
- Water helps to alleviate constipation by moving food through the intestinal tract and thereby eliminating waste- the best detox agent.
- Regulates metabolism

In addition to the daily maintenance of our bodies, water also plays a key role in the prevention of disease. Drinking eight glasses of water daily can decrease the risk of colon cancer by 45%, bladder cancer by 50% and it can potentially even reduce the risk of breast cancer. And those are just a few examples!

As you follow other links on our website, you can read more in depth about how water can aid in the prevention and cure of many types of diseases, ailments and disorders that affect the many systems of our bodies.

Since water is such an important component to our physiology, it would make sense that the quality of the water should be just as important as the quantity. Drinking water should always be clean and free of contaminants to ensure proper health and wellness.

According to recent news and reports, most tap and well water in the U.S. are not safe for drinking due to heavy industrial and environmental pollution. Toxic bacteria, chemicals and heavy metals routinely penetrate and pollute our natural water sources making people

sick while exposing them to long term health consequences such as liver damage, cancer and other serious conditions.

We have reached the point where all sources of our drinking water, including municipal water systems, wells, lakes, rivers, and even glaciers, contain some level of contamination. Even some brands of bottled water have been found to contain high levels of contaminants in addition to plastics chemical leaching from the bottle.

A good water filtration system installed in your home is the best way to proactively monitor and ensure the quality and safety of your drinking water.