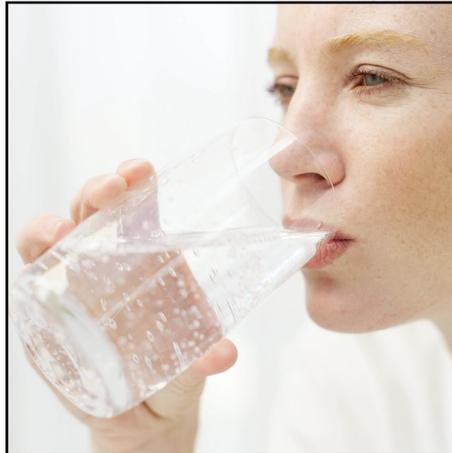




10 Great Reasons To Drink Water!

1. Water is absolutely essential to the human body's survival. A person can live for about a month without food, but only about a week without water.
2. Water helps to maintain healthy body weight by increasing metabolism and regulating appetite.
3. Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.
4. Drinking adequate amounts of water can decrease the risk of certain types of cancers, including colon cancer, bladder cancer, and breast cancer.
5. For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.
6. Water leads to overall greater health by flushing out wastes and bacteria that can cause disease.
7. Water can prevent and alleviate headaches.
8. Water naturally moisturizes skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.
9. Water aids in the digestion process and prevents constipation.
10. Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.



Water: Your Body's Best Friend

What is water? Have you ever really thought about it? Well the definition of water is- A clear, colorless, odorless, and tasteless liquid, H₂O, essential for most plant and animal life and the most widely used of all solvents. Not too amazing, but what water does for us is truly a miracle!

Water's Functions as an Incredible Solvent:

Water is an incredible solvent. It will, over time, dissolve or aid in changing the composition of almost everything, including all of the elements

that make up our bodies. All the food we take in; vitamins, minerals and other nutrients that build and maintain our bodies have to be dissolved and moved to the cells. Putting those ingredients in a form that can be absorbed by the cells is one of the health benefits of water.

It Helps You to Keep Keeping On: One of water's functions in the body is to aid in the regulation of our bodily functions. Every chemical and enzymatic reaction that occurs in the body occurs in the presence of water and would not occur without it. The efficiency that they occur with is often a function of the amount of water that is available.

It Keeps Your Inner Fire Burning: Metabolism is the way that the food we consume is turned into energy. Digestion is the first process that takes place. It prepares the nutrients in the food to be absorbed by the body and transformed into energy. Adequate water intake is essential to maintain both good digestion and a healthy metabolism. The health benefit of water is better utilization of the nutrients you consume resulting in more energy.

Water Ways – Transportation In, About and Out Again: Water functions as a means of transportation. Like water in the environment, water is our body's primary means of delivering what we need and removing or recycling what we don't. Nutrients, hormones, oxygen, and antibodies are carried through the lymphatic system and blood stream by water.

It Keeps Your Cushions Ready and Working for You: 75% of the weight of the upper part of the body is supported by the water volume that is stored in the disc core; 25% is supported by the fibrous materials around the disc. Water provides the hydraulic support for the weight-bearing qualities of an intervertebral disc. In chronic dehydration, the discs begin to fray. They cannot keep up with the stress of subluxations in addition to day-to-day wear and tear. Water keeps the discs thick and able to cushion all the vertebrae of the spine.

So next time you're contemplating whether you should have a nice big, cold glass of water or a sugary soda- just remember how important water is to your overall health and well-being. Do your job and make sure you supply this essential element of health for your body.

Naturally Chiropractic

Dr. Stephanie West
404 W. Superior St., Ste. 225
Duluth, MN 55802

Phone: 218-722-2004
www.naturallychiro.com