

Dehydration



Better Tomorrow

DETERIORATION OF WATER'S CRYSTALLINE STRUCTURE MEANS DETERIORATION OF LIQUID CRYSTALLINE MAKE-UP OF THE BODY

Did you know that 50-75% of Americans are chronically dehydrated? ...and that many of those individuals are drinking the suggested 8 glasses of water a day?

Dehydration is a condition that occurs when a person loses more fluid than s/he takes in. However, the problem is not just a lack of water, it is a lack of cellular water! If the water we drink is unable to get into the cells, we can drink water all day long and still be dehydrated.

Water is necessary to take nutrients into the cells and to flush wastes from the cells. Think about the amount of water that is expelled from our bodies every day. Copious amounts of water are required to digest food and eliminate wastes. Water in the kidneys neutralizes acidic wastes and sends them out in the urine. Water is expelled during respiration and is continually being moved through the skin to moderate temperature and flush the tissues of the skin. Water is also required for every metabolic process that nothing can happen without water. Ultimately when water is lacking in our cells, organs cannot function properly and toxins are allowed to build up.

While some water is available from the food we eat, the majority of the water we need on a regular basis must be provided by drinking pure water. The consumption of tea, coffee, juice or soft drinks should never be considered water intake. Many of these drinks are so acidic that they end up pulling more water from the cells to neutralize the acidity - making dehydration even worse.

Common signs of dehydration that are often ignored include: dark urine, afternoon fatigue, heartburn, dry skin, acne, headaches and constipation. If these are ignored, more serious problems develop.

Drinking vitalized water is one of the easiest and best ways to overcome chronic dehydration

Most diseases can be traced to dehydration. In fact, dehydration is the number one cause of stress in the human body. Many scientists believe it is the #1 cause of death. Dehydration has also been linked with angina pain, asthma, colitis, diabetes, peptic ulcer pain, high blood pressure, low back pain, high blood cholesterol - even aging.

When there is insufficient water inside the cells, every function suffers and the body must operate from a level of "crisis management." This has been well documented from the medical perspective, by Dr. Batmanghelidj in his book, *Water: for Health, for Healing, for Life - You're Not Sick, You're Thirsty*. With a lack of cellular water, organs must compete for vital fluids; balance (homeostasis) gives way to disharmony and disease.

As we age, the amount of water inside our cells decreases. Our cells actually begin to shrink and stiffen - their

ability to expand and contract is reduced. As a result, nutrients, oxygen and other metabolic requirements are not efficiently exchanged at the cell membrane and waste products are not efficiently removed. What we need is the ability to get water back into our cells, where it counts - and that's where hexagonal water can make a big difference.

Science is finally able to show that all water is not equal - that organized, hexagonal water does, in fact, penetrate the cells more efficiently than other water. Smaller, more organized, hexagonal units enter the cells rapidly and more efficiently providing superior hydration with a subsequent effect on nutrient absorption, waste removal, metabolism, immune function, and overall health.

Drinking vitalized water is one of the easiest and best ways to overcome chronic dehydration and to protect your body from the symptoms of disease and premature aging. Within minutes, vitalized water moves into the cells, taking nutrients and expelling metabolic wastes in a much more efficient manner.