

10 Things About...

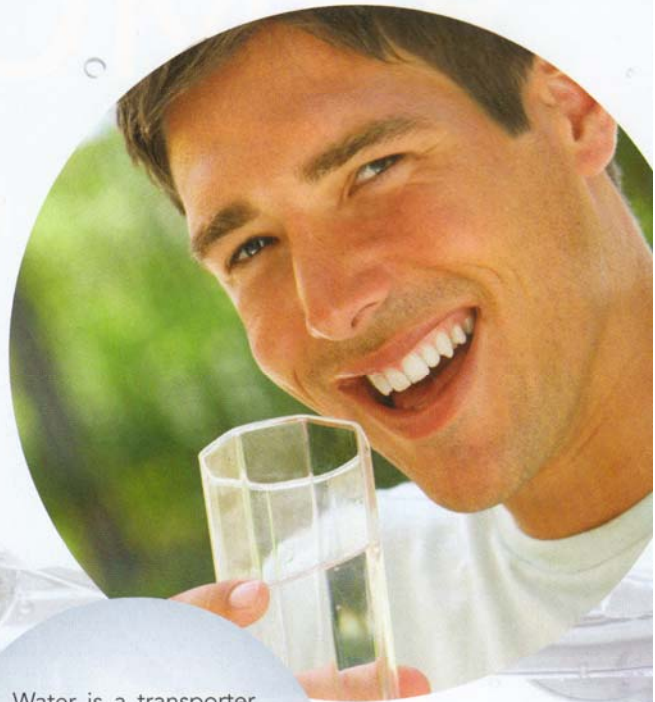
Water!

intro by Maria J. Villarreal

Drinking an adequate amount of water daily is important for your body's overall health. When the body becomes dehydrated, the physiological processes that are established are the same ones that occur when coping with stress. Dehydration equals stress, and once stress is established, there is an associated mobilization of primary material that the body stores. This process will "mop up" some of the water reserves of the body. The body assumes a crisis situation and will begin to mobilize for a "fight or flight" response. It assesses all situations of stress as though a "fight or flight" stance has to be maintained. Consequently, dehydration causes stress, and stress will cause further dehydration.

There comes a moment when the brain begins to recognize a severe shortage of water in the body, and then in the middle of eating the body will inform the person that they need to take a drink. However, at this point it is already too late; the damage is registered by the cells lining the blood vessels. Water also has a profound effect on the blood that circulates in the body. Blood carries food and oxygen to the cells, simultaneously eliminating waste products. It also provides the liquid element that nourishes cells. Blood must contain water, oxygen, and all the nutrients the cell needs.

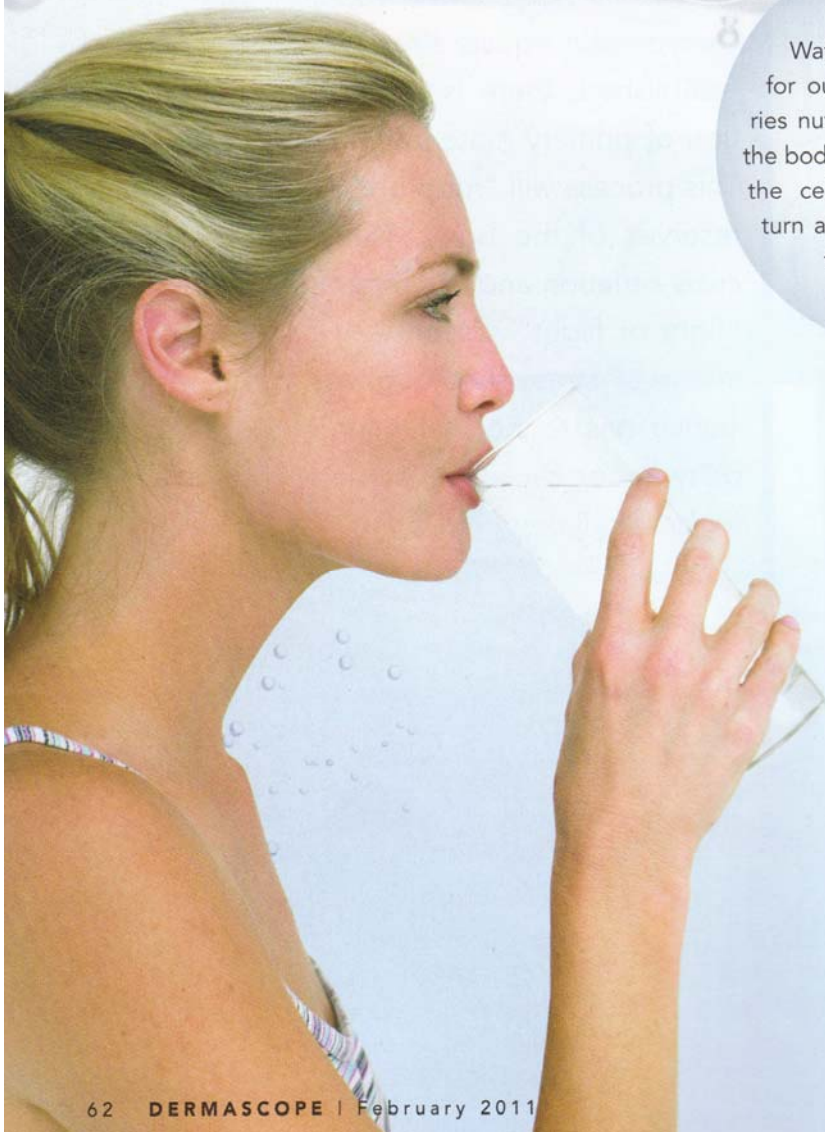
By appreciating that water is the most essential ingredient for the process of digestion – the first step to working towards a healthier body has been achieved. In short, for the average healthy person, there is a definite benefit from drinking water. Through its consumption our bodies will function properly and organs, such as our kidneys, will receive assistance with the dispelling of toxins, which in turn leads to good health and healthier looking skin. Although water is not a cure all, water is the ideal liquid refreshment.




Water is a transporter for our bodies. Water carries nutrients into the cells of the body in addition to keeping the cells hydrated which in turn assists them with functioning properly.

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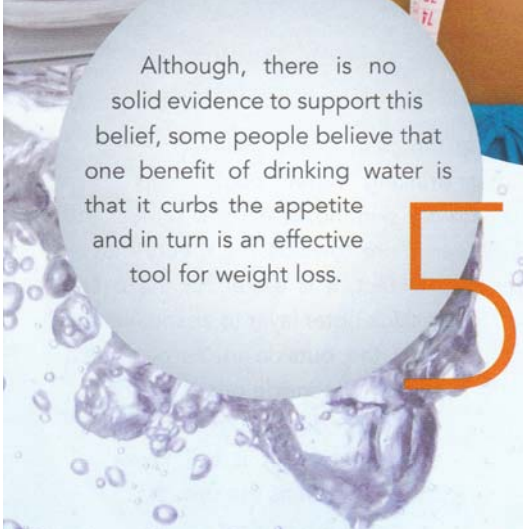
2 The human body is comprised of approximately 60 percent of water. Water is the driving force for many of our bodily functions including digestion, circulation, absorption, and excretion, among others. If we do not consume enough water, toxins build up in our bodies. Not only does water flush toxins from our body, but it also flushes it from our skin. Thus, minimizing the possibility of acne.





3 It is believed that the drinking of water in large amounts helps with the treatment of skin disorders such as eczema and psoriasis.

4 Another benefit of drinking water is that it helps with the outward appearance of our skin as well; through proper hydration sunken eyes and dark circles under the eyes will become less noticeable.



5 Although, there is no solid evidence to support this belief, some people believe that one benefit of drinking water is that it curbs the appetite and in turn is an effective tool for weight loss.

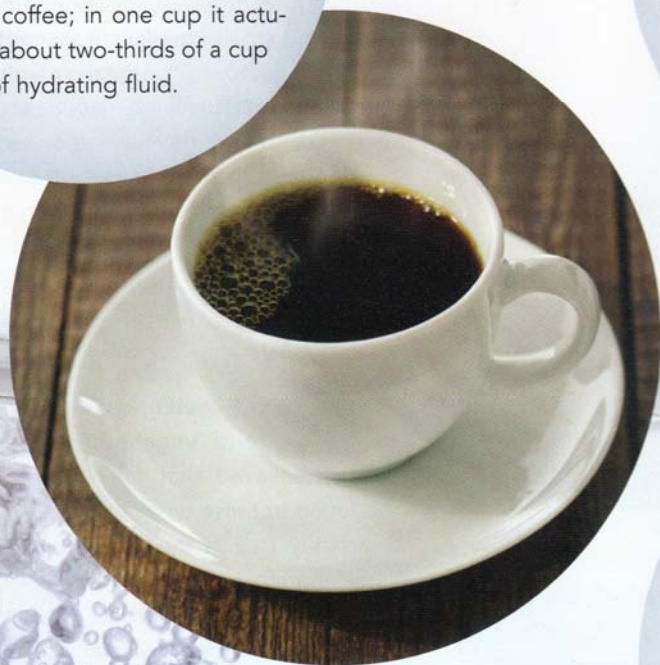
6 Eat water-rich melons and vegetables! It is believed that the water found in these types of foods actually stay in the body longer, therefore giving it a better chance of being absorbed. Whereas liquid water will exit the stomach faster and as a result it is expelled from the body before it has the chance to be completely absorbed. An added bonus: Many of these water-rich foods also contain anti-aging antioxidants!

7 Learn the signs! Lack of energy, feeling constantly thirsty, and dark urine are signs that your body is not receiving enough water. Thirst is your body's way of signaling that it needs an increase of water. An average, healthy person should be passing urine three to four times per day, so if you are constantly running to the bathroom... you might be consuming too much water.



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The liquid water that our body consumes does not have to be in one particular form, such as... distilled, bottled, or tap. Even beverages that are said to dehydrate have been found to be useful according to research. One such example is coffee; in one cup it actually adds about two-thirds of a cup of hydrating fluid.



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With the proper intake of water your overall body health is increased. For instance: It helps the body maintain muscle tone, mass, and prevents painful muscle cramps; it increases a person's energy level and helps lubricate the joints in the body; and it assists with the prevention of kidney stones, or at least the reduction of the risk of developing kidney stones.

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In the past, it was believed that drinking water would help alleviate dry skin; however, now professionals lean more towards the theory that it does not. In fact, it is easier for the cells located in the skin's outer layer to absorb water from the outside in, as opposed to from the inside out. If you have dry skin, drinking more water might help, but it will never help as much as the use of a good moisturizer.



Maria J Villarreal a Certified Biofeedback Therapist holds credentials from the Institute of Quantum Biofeedback Naturopathic Medicine and is certified by the Neurotherapy and Biofeedback Certification Board. Villarreal is also a Registered Yoga Therapist and Trainer. She received her Yoga and Meditation Training and certification from the Master Yoga Academy. She has owned and operated The Purnima Wellness Center in Bonita, Calif. She has been a practitioner and educator of Plant Based Nutrition and Integrative Therapies. She provides training, consultation, educational services and conducts classes and retreat programs in mind-body concepts.