

# MARTHA CURRIE WELLNESS

MARTHA CURRIE ELEMENTARY'S HEALTH & WELLNESS NEWSLETTER

## Water, water everywhere - and always lots to drink

It's probably not breaking news that water is good for you (and our kids too!) However, you might not be aware of the many ways it affects your overall health. The advice of, "drink several glasses of water per day" is something we all know, but many of us fail to realize the tremendous health benefits of doing so.

**"Water is the most neglected nutrient in your diet, but one of the most vital"**  
~ Julia Child

Lemon in water is a great way to start the day (flushes gall bladder and liver) and is also a great way to get things moving in the morning.

### **Every communication in your body needs water!**

Water is not just a hydrating beverage, it is much more and every piece of communication that occurs in your body is a result of water. Water is what conducts all the electricity in your body and all the communication between your cells. Water is 70% of our body and your body acts much differently when dehydrated.



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## Tap water:

Chlorine (in water) dehydrates the body. It also causes or makes worse: eczema, psoriasis, acne and any skin condition. We put in a three stage filter on our kitchen sink and were surprised in the difference in chlorine when we tested it.

*Little trick: if you let water sit out on the counter the chlorine from your tap water will dissipate.*



Our body excretes 2-3 liters of digestive juices per day and therefore we need to drink at least 8- 10 glasses per day!!!! If active... more water is needed!

### How can you tell if you are you dehydrated?

- Dry mouth is the last outward sign of extreme dehydration
- Ridges in fingers (this is a big sign for me)
- Is there a smell to your urine
- Is your urine a dark color? It should be mostly clear.
- Constipation? Water is very important for flushing out the bowels and keeping us regular.
- Yellow or browning in whites of eyes
- Skin pale or more wrinkled
- Headaches and migraines (vasodilatation of blood vessels)
- Aches and pains
- Increased hunger

Dehydration can cause muscle tightness, trigger headaches, increase histamine in body and decrease range of motion. Staying hydrated with water, instead of sugary, high/empty caloric beverages is a must in order to fuel your body. Coffee and tea will dehydrate your body so you want to make sure you drink two cups of water for each cup of coffee you drink. Try coconut water or make it more fun for the kids and infuse your water with fresh mint, lemon, cucumber etc.



## Why should you drink water?

- It is an essential nutrient!
- It is needed for all bodily functions, such as nutrient digestion, absorption, transport and metabolism.
- It aids in body-temperature maintenance.
- It is vital to electrolyte balance.
- Removes toxins & waste products from your body... keeps you regular.
- Increases your mental and physical performance.
- Essential for lubricating your joints, it acts as a shock absorber in the eyes and the spinal cord.
- Water contains no calories or fat.
- Helps with weight loss by acting as a natural appetite suppressant.
- Prevents complications from dehydration, such as headache or fatigue.
- Benefits people with respiratory diseases by thinning mucous secretions that worsen asthma.
- Helps people who experience recurrent urinary tract infections by increasing their urine flow and flush away bacteria.
- Helps reduce cancer risk of the colon, kidneys & bladder.
- Boosts physical and mental endurance.
- Helps maintain a pleasant demeanor. Dehydrated adults and children tend to be irritable and/or lethargic.
- Helps prevent muscle cramps in your legs, hands, and feet -- and achy stiffness in your joints.
- Some studies show hydration can decrease the risk of kidney stones and lower the risk of certain cancers by helping the body to flush out toxins.
- Helps keep pregnant women from being constipated -- and it can also help the body flush away excess fluid that can lead to bloating and edema (swelling).
- Helps nursing women with milk production. If you are having a problem with milk supply, ask yourself how much water you're drinking.
- Helps keep your eyes and skin moist and healthy. When the body is dehydrated, it looks for moisture from wherever it can find it -- including the eyes and skin.
- Can help asthmatics breathe more efficiently, according to experts. Apparently, dehydration interferes with how well the lungs function (thereby increasing the likelihood of an asthma attack).



Brain tissue is said to consist of 85 % water. Hydrated body = a brain that works. Awesome! So take the time to be mindful about how much water you are getting daily. Record how much water you are drinking over a seven day period and see how much water you are putting in your body. Don't forget to increase if you are drinking beverages that dehydrate you like coffee or sugar. Water truly is the essence of life.

**Note:** Only drink small amounts of water when eating... it will dilute the HCL (hydrochloric acid) in the stomach and your body will not be able to break down and absorb all the nutrients in your food (nutrients become too watered down). Drink 30 min before and 30 min after meals.

Great store in Vancouver ~**Water Matters**  
(sells filters for tub and showers too)

Talk to Mary and check out:

<http://yourwatermatters.com/vancouver-water/>

Some more resources:

<http://foodmatters.tv/articles-1/are-you-drinking-enough-water>

<http://www.foodmatters.tv/results?q=water>

[www.watercure.com](http://www.watercure.com)

