

# 20 Health Benefits of Water

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- Lowers Blood Pressure: keeps blood vessels relaxed
- Lack of water and too much salt can increase water in blood vessels
- The heart has to pump against increased “systemic vascular resistance.”

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Decreases cholesterol, strokes, and heart disease

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Moisturizes the skin: reduces aging, wrinkles; improves elasticity

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Reduces Acne and scars: Remember our skin is our largest organ

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Reduces water retention: retaining water is a sign of dehydration

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- Eliminates Body Waste: Overall health will improve
- Toxins will saturate the blood and are stored in cells instead of eliminated
- Stock dam vs. flowing stream analogy

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- Natural energy boost: Dehydration is the number one cause of fatigue
- Water creates magnetic and electrical energy in each cell
- Caffeine, energy drink and soda provide quick boost then worsen the dehydration

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- Prevents Headaches
- Brain is sensitive to dehydration is the body’s message to drink more water

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- Slows the aging process: age gracefully
- Water flushes toxins out of our cells

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- Weight Loss: dehydration slows the metabolism down.
- Add 1-2 teaspoons of raw and unfiltered apple cider vinegar with Lemon to daily water intake
- Remember to drink  $\frac{1}{2}$  your weight in ounces daily

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- Lowers Blood Sugars with Diabetes
- High blood sugars cause dehydration

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- Joint Health: Water provides the minerals for optimal health
- The joints in your body are the cushions that support the weight of your body

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- Cancer Prevention: Toxins build up within cells
- Cells behave erratically and multiple out of control
- Known to decrease risk of colon and bladder cancer

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- Eye Health: The cornea is 80% water.
- Dry eyes common in indoor desk jobs as well as outside construction, agricultural jobs

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- Neurological disorders: brain very sensitive to lack of water
- Blood vessels become inflamed leading to plaques and microtrauma
- May precipitate multiple sclerosis, alzheimer's disease, or parkinson's disease

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- Treats Anxiety and Depression
- Lack of water can lower energy levels and increase fatigue
- Increase water replenishes serotonin, dopamine, and norepinephrine

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- Improves Sleep: Increases melatonin our natural sleep hormone
- Poor sleep quality can cause depression, anxiety, elevated blood pressure
- Increase cortisol levels and suppress our immune system

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- Improves Immunity
- Add raw and unfiltered apple cider vinegar with the mother, lemon, honey, ginger

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- Improves Digestion: Increases metabolism
- Add 1-2 teaspoon of raw and unfiltered apple cider vinegar with the mother and lemon
- 30 minutes prior to meals to prime the parietal cells to release acid in the gut
- Avoid large amounts of fluid with meals to ensure proper digestion and absorption
- Promotes regular bowel movements and removal of toxins

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- Osteoporosis Prevention: lack of water can promote calcium leaching from bones
- Maintain proper hydration, avoid excessive caffeine, alcohol, and soda
- Take Vitamin D3 (5000-10,000 U) in winter months. Test your vitamin D level.
- Add vitamin C 1000 mg daily if not consumed in fruits and vegetables.

## Spiritual: Living water is a symbol for salvation

Spiritual: Living water is a symbol for salvation and a true knowledge of God, Jesus, and the Holy Spirit.

By "living water," Jesus is referring to the eternal life that the Holy Spirit gives. As Jesus said (John 7:37-39), "If anyone is thirsty, let him come to Me and drink. He who believes in Me, as the Scripture said, "From his innermost being will flow rivers of living water