

Water

It does a body good!

The human body is made up of 75% water. Water is needed as a solution in numerous chemical reactions that take place in the body. Our body needs water almost as much as it needs oxygen. Beyond being refreshing to drink, soothing to listen to and fun to splash in, water plays many vital roles in our lives, including the following:

- Water is required for breathing – lungs must be moist to take in oxygen and release carbon dioxide.
- Water prevents your body from dehydrating
- Water helps convert food into energy.
- Water carries nutrients from food, and oxygen from air to our body cells.
- Water helps to regulate body temperature.
- Water helps the body metabolize fat.
- Water is needed to carry away body wastes.

WATER STATISTICS:

75% of Americans are chronically dehydrated.

(Likely applies to half of the world population)

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Even MILD dehydration will slow down one's metabolism as much as 3%.

One glass of water eliminated midnight hunger for 98% of the dieters in a University of Washington Study.

Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 75%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. In one study, injection with a sterile saline solution near an acupuncture point in the sacroiliac region eliminated back pain during labor for some pregnant women.

To figure out how much water you need to drink divide your body weight by two, this will be how many ounces of water you need to consume per day. So, if you weigh 200 pounds you will need to drink 100 ounces per day. If you exercise, are out in the sun or have a very physical job you will need to drink more. Choose water, it does a body good.

Dr Larry Bridge is a resident of Stanly County and has owned Montgomery County Chiropractic Center since 1997 with offices in Albemarle and Troy. He is board certified in Acupuncture and has more than 8 years experience using Decompression Traction for back and disc problems. For more info and past articles visit his website at www.DrBridgeChiropractic.com or call 704-982-2102.