



The Health Informer

Water

“Ho, every one
that thirsteth,
come ye to the
waters...

Isaiah 55:1



The Health Informer website contains much more information about this month's topics. To read complete articles, go to the Newsletter Extra's page at <http://thehealthinformercom.fatcow.com>

8 Laws Of Health:

Water

Nutrition

Exercise

Sunshine

Temperance

Air

Rest

Trust In God

Disclaimer: The information contained in this newsletter is in no way intended to diagnose or treat disease. Please base your health care decisions on careful personal study and in partnership with your doctor..

Water is needed to cleanse us of impurities, internally as well as externally. For this reason, we need plenty of it at all times. The body needs six to eight glasses of pure water daily, and even more if a person is very large-framed or overweight.

When we do not drink enough water and the body is in need of more to function properly, it does not cease to function but rather conserves the water it does have by changing function. It takes water from the colon, and purifies and recirculates that water—constipation is the result.

We should drink water 1/2 an hour before or one hour or more after a meal, not at meal time. Water taken with a meal dilutes the digestive juices and must be absorbed from the stomach before proper digestion of the food can proceed.

The temperature of water, and of foods, should not be too hot or too cold so the body will not be debilitated. Pure water is soft water. This can be obtained from distilled water, rain water, or reverse osmosis water.

Water is important on the outside of the body as well. It is essential for cleansing the skin, the largest organ of elimination. Reabsorption of impurities from dirty clothing or not bathing, places a burden on the internal organs to eliminate them again. A daily bath safeguards our bodies. Dr. Agatha Thrash

Find more info this month on the website on the following topics & more:

- *Top Pick Water Filtration Systems*
- *Medical imaging chemicals transform into toxic compounds in drinking water treated with chlorine*
- *Urinary Stress Incontinence*
- *Arsenic Found In Motts Apple Juice*



Natural Relief For Fluid Retention

Drink lots of water, fast 1-2 days,

Walk to reduce fluid retention in legs/feet

Eliminate salt, oil, sugar , Get plenty of sleep

How much water should you drink?

“A person should drink enough water every day so that almost clear urine is passed 4-5 times during that day.” Dr. Agatha Thrash

Here's one way to estimate:

Your weight in lbs. — 2 = ounces per day

Softened water comes from an original hard water source in which the minerals of calcium and magnesium are exchanged through a softener to sodium ions. For people with heart problems already, this is very detrimental. If you're on a low-sodium diet, but drinking softened water with a high sodium content: you're defeating your own efforts. The problems found to be related to soft water consumption do not seem to be related to the water itself, but rather to the pipes through which the water passes. Soft water tends to be a little more acid and is thus capable of dissolving harmful substances off of galvanized iron pipelines. Dr. Thrash

Beware of Fluoride!

The chemicals used for fluoridation are not high purity, pharmaceutical quality products. Rather they are byproducts of aluminum and fertilizer manufacturing and contain a high concentration of toxins and heavy metals such as *arsenic, lead and chromium*. All proven to be carcinogens.

Source: www.nofluoride.com

What is one of our most hard working organs?

Answer: The Kidneys

“It is also a marvel of engineering perfection. Each day our kidneys filter **50 gallons** of water most effectively so that it can safely be returned to the system. Without this extremely effective filtering & recycling system, we would have to drink **40,000** glasses of water a day and practically live in the bathroom.”

Dr. Agatha Thrash

A Heart Healthy Recipe

Kelly's Mint "Ice Cream"

1 can coconut milk (for less fat use other v. milk)

2 cups soy milk (or other vegan milk)

2/3 cup honey

1 avocado

1 tsp. vanilla flavoring

3/4 tsp. mint flavoring

1 tsp. guar gum

Place first 5 ingredients in blender and blend until smooth. Add guar gum and continue blending until mixture takes on a thick, creamy consistency. Pour into mold and freeze or use ice cream freezer method. A delicious soft freeze treat that isn't hard & icy.

Variation: Add carob chips for "carob mint"

Tip: Best for digestion to eat after a hot meal.

EWG's Best & Worst Bottled Drinking Water

How does your bottled water brand stack up? Here's a look at the 10 top-selling* U.S. brands:

1. Pure Life Purified Water (Nestle), EWG grade = B
2. Arrowhead Mountain Spring Water (Nestle), EWG grade = C
3. Aquafina Purified Drinking Water (Pepsi), EWG grade = D
4. Dasani Purified Water (Coca-Cola), EWG grade = D
5. Deer Park Natural Spring Water (Nestle), EWG grade = D
6. Ice Mountain Natural Spring Water (Nestle), EWG grade = D
7. Ozarka Natural Spring Water (Nestle), EWG grade = D
8. Poland Spring Natural Spring Water (Nestle), EWG grade = D
9. Zephyrhills Natural Spring Water (Nestle), EWG grade = D
10. Crystal Geyser Natural Alpine Spring Water (CG Roxane), EWG grade = F

Filtered tap water received the best grade-an A Source: Yahoo!Green 2011

How can you protect yourself & children from fluoride? Don't drink fluoridated water or use other products containing fluoride, for example, fluoridated toothpaste. Boiling water removes chlorine but concentrates fluoride. Only a reverse osmosis component will remove fluoride. Children should not be given fluoridated vitamins or fluoride treatments at the dentist.

Source: Dr. Michael B. Schachter, MD

Find recent videos & links to more fluoride facts on the website this month



FACT:

Thirst indicates that dehydration is already taking place

Mild to moderate dehydration is likely to cause:

Dry, sticky mouth, sleepiness or tiredness-children are likely to be more inactive than usual, thirst, decreased urine output, fewer tears when crying, dry skin, headache, constipation, dizziness.

Source: mayoclinic.com



Plastic, Metal or Glass? What's best?

BPA's lurk in plastics and even metal water bottles often have a BPA containing lining. Bisphenol A or BPA is a synthetic estrogen found in many water bottles, canned goods, and liquid infant formula. It can be found in clear polycarbonate plastics and tough epoxy resins, which are used in products such as glasses, and computer and cellphone casings. When ingested, BPA has been found to increase disorders such as chromosomal and reproductive system abnormalities, impaired brain and neurological functions, cancer, cardiovascular system damage, adult-onset diabetes, early puberty, obesity and resistance to chemotherapy. Recently, it has been a popular topic of concern since it has been found in the urine of many Americans. The Environmental Working Group, conducted a study that found BPA had dissolved into half of the randomly selected canned foods, beverages, and canned liquid infant formula when present in the can's lining. Source: wikianswers.com