



## WATER...

### Our Most Precious Resource

*By Dr. David C. Kolbaba*

There are many reasons the majority of our population is dehydrated. One reason is that we're not drinking enough water. By not drinking adequate amounts of water each day, we're not pushing water through our cell membranes, causing every cell to load up with cellular poisons. When our cells work sluggishly, slow goes the person. If we're not drinking enough water, our metabolism can go down by 3-5%. This is critical since the body reacts to this lowered metabolism by gaining more weight! I tell my patients, "Drink water before you go to bed". They reply "What, I can't do that!" My answer: "Drinking a glass of water cuts down on nightly hunger pangs about 99% of the time and it opens up the urinary channels in your kidneys." If you asked me what the #1 cause of daytime fatigue is, it's probably too little water. **I tell people to drink 8-10 glasses of water a day.** This is a must! It allows the body to clean up particular areas including all the bursas and joint spaces that bring us all kinds of unexplained joint pain and irritation.

**Even with mild dehydration, you will lower your body's metabolism by 3-5%...leading to a higher tendency for obesity, fatigue coupled with decision making challenges under stress, just to name a few.** Just a 2% drop in body water may account for fuzzy thinking, short-term memory loss, and difficulties with basic math processing, vision focusing on computer screens or instrument flying conditions! Whatever the case might be, with dehydration, we can experience concentration challenges within the framework of a simple discussion or lose our train of thought mid-sentence! Pure water is the ticket for virtually every healthy body process! Adequate water intake allows for our bodies to disperse, discharge or dilute stressful substances of every kind.

#### *The Properties of Water*

**In my opinion, water should be placed at the base of the food pyramid! Water is foundational!** Water is the most abundant molecule on Earth's surface, composing of about 70% of the Earth's surface in liquid form and solid state in addition to being found in the atmosphere as a vaporous gas. Pure water is H<sub>2</sub>O, not your faucet water or spring water either, because H<sub>2</sub>O has to be H<sub>2</sub>O and H<sub>2</sub>O alone! One of the most important properties of pure water, is its ability to soak up what it comes into contact with, making it H<sub>2</sub>O, and whatever it picked up. As water runs through our bodies it picks up what it is supposed to pick up in every living cell, leaving each area consistent with an adjacent one. Just as it is on the earth's surface, water is the leading element in our bodies.

***The nature of water is very interesting...It becomes more like what it flows through.***

As long as most of our water is flowing through toxic environments, it is best to go with water found in its most simple state, H<sub>2</sub>O, or what is commonly known as distilled water. Distilled water is the most pure and simple water we can drink. The closest water to compare with distilled water is rainwater.

**One of the biggest challenges, in this day and age, is getting clean food or water.** So, we have to do the best we can. Pure water is alkalizing. Mineral waters that you can buy such as Evian, Olympia, and Henias Blue are all alkalizing. Slightly carbonated mineral waters are slightly acidifying, of course, and heavily carbonated waters are more acidifying. If you're using filtered water, using reverse osmosis, with a new filter, you might get your pH as high as 6, with older filters scoring lower, in a more acidic state, which is undesirable.