



Principle 7 - Adequate Water

We know that our body is mostly water. From birth, when we are about 80% water, to death, when we are about 60% water, it is critical that we get enough and that the water we drink is life-giving, not harmful.

Getting enough water is the first key to maintaining our body's balance and the fluid level that we need. Our bodies need about 1 ounce of pure water per pound of body weight per day. Studies have shown that keeping our body well hydrated, with a bare minimum of $\frac{3}{4}$ ounce of water per pound of body weight per day keeps our skin healthy, our bowels working well, and our systems functioning appropriately.

This water must be pure. Some recommend drinking only distilled water; we have found that alkaline water is more helpful.

Of course, we all recognize the need for water to be clean and free of chemical contaminants. Those chemical contaminants include chlorine, fluoride, and many other "additives" to water. A good carbon filter will eliminate most of these. If your water is not clean or is treated with chemicals I recommend filtering it through a carbon filter.

What else makes water harmful or healthful? Having water that has an acidic pH can actually cause our body to have to work harder as it strives to balance our level of alkalinity. Our blood pH must be maintained at 7.365 pH for survival. If we are adding acidic-forming water into our body, our body systems will pull minerals from places that are not as critical, such as nerve sheath, bones, or other tissues to keep our blood pH balanced and keep us alive.

What waters are properly alkaline? Remember we need to keep our system at 7.365 pH, and anything less than 7.0 pH is acid, anything above 7.0 pH is alkaline.

There is a very common water that is highly damaging to our body. It is acidic and also has its structure changed from that of normal healthy water that falls from the sky or flows down from the mountains. Much advertising has gone into making this water look good for us so you may be purchasing it routinely or may even have a filter in your own home that creates this damaging water. This is Reverse Osmosis water or RO and it is about 5.5 pH, or very acid, actually 100 times more acid than tap water. Our body must give up massive amounts of alkaline minerals from storage that was intended to keep us healthy, just to neutralize this water. This means that calcium from your bones, teeth, and nerve sheath are released into the bloodstream, or magnesium from muscles, etc. Most tap water is between 6.5 and 8.5 pH, depending on your municipal system and how it is treated. Bottled waters vary widely, but anything labeled, "Filtered" is probably reverse osmosis (RO) filtered and should be avoided, as it is acidic. If you need to drink bottled water look for ones labeled "Spring water" or "Artesian spring water" and avoid "Filtered" and 'RO' or Reverse Osmosis as it is about 5.5 on the pH scale.

Other drinks that can be very harmful due to the acid-forming potential in the body are colas (pH 2.5, or 100,000 times more acidic than the blood's needed level of alkalinity), sports drinks (pH 2.5), and other sodas. In one study that tested the amount of calcium in the urine after drinking water or non caffeinated soda's like 7-UP or Sprite there was 400 percent more calcium in the urine after just one 12 ounce can of non-caffeinated soda. A single caffeinated soda like Dr Pepper or Coke or Mt Dew increased the calcium in the urine by 1600 percent. Is there any question that the nerves and bones are being degraded in this process?

If repeated often enough an early death is the result. I have personally watched two men who were coworkers and friends degrade their nerves rapidly with the cola or soda habit and even after my specific teaching of what they were doing to their body they continued the habit. One died within six months and the other lost nerve function and mobility so rapidly that he was forced to accept an early medical retirement in just a year. Both of these men were in their early 60's and appeared healthy up to that time.

What else besides fresh spring water is good to drink? Freshly made vegetable juice is about 9.0 pH and is very good for you. Additionally, herbal infusions or "teas" are between 7.5 and 8.5 pH.

To maintain our body's fluids at the proper levels for best functioning, make sure you are drinking water, herbal "teas", and eating fresh vegetables and fruits that are high in water. This is the most important thing you can do for your health, since our body is 80% water. As I mentioned in the beginning of this principle, the body needs about 1 ounce of water per day for every pound of body weight. A person who weighs 130 pounds needs about 4 liters or 4 quarts per day. How much do you need?