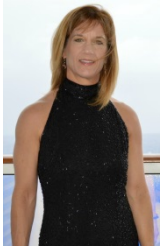
"The more you're in love with something, the harder you will work on it. And the harder you work on something, the more you will succeed".
- Drew Barrymore

I always seem to find the right quotes at the right time. It's so easy to get discouraged, even when you do what you love. You often don't know if you're making a difference, but you keep doing it anyway. I love learning about health and wellness and passing it on. At times, I don't think anyone notices. But then out of the blue, I'll get a phone call or an email thanking me for information I shared and telling me how it had come at the perfect time. On a recent visit to my primary-care doctor, she told me something that blew my mind. She said that since meeting me just over a year ago, she's been able to help hundreds of patients because of things she'd learned from me. She asked why I do what I do and I told her about my dad. I explained how I believed that if I could just help one person because of knowledge I'd gained since his death, he wouldn't have died for nothing. She looked up to the sky and said, "She's really helping people down here. You must be so proud." Tears filled my eyes and she hugged me. It finally hit me that my hard work had paid off and I'm succeeding in ways I'd never dreamed. You really can flourish by working hard at doing what you love.

Yours in health,



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The Importance of Water

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This is one of those obvious things. Much like the air we breathe, water is a critical component not only to our life, but also to our health. Without water, we'd die in anywhere from 3-7 days. It's one of the most important ingredients on our path to wellness. Believe it or not, water makes up about 75% of our bodies, an astounding 85% of our brains and 80% of our muscles. Given these statistics, it's pretty clear that a shortage can have a dramatic impact on our health.

Water performs a number of important functions for us:

- Cleans toxins from our body
- Helps to regulate body's temperature
- Flushes the kidneys and liver
- Helps to empty the bowels
- Helps prevent muscle cramping
- Hydrates tissues throughout our body
- Hydrates all of our organs

- Increases metabolism and helps us feel full, which helps with weight loss. Cold water is especially good.
- Fine lines are deeper when you're dehydrated. Water is nature's beauty cream. Drinking it hydrates our skin cells and plumps them up, which can make us look younger.
- Without enough water, physical performance can suffer. Athletes can lose up to 10% of their water weight through sweat

When we don't get enough water, a number of things can happen:

- Metabolism slows down
- Kidneys can't flush toxins from our blood. Our kidneys process 200 quarts of blood daily, so it's easy to see how not drinking enough water can have a negative impact.
- Toxins then collect in our blood, which can cause headaches and other pain throughout our body
- The body's natural cleaning process is slowed down or stopped
- Our joints can start to deteriorate because they aren't able to maintain necessary lubrication.
- Mild dehydration can impact brain function as well as mood and memory
- Hangovers can feel even worse. Drinking a glass of water in between drinks can help prevent them. It also helps to have a big glass before going to bed.
- We get tired. One of the most common symptoms of dehydration is tiredness.

Kidneys are the main organ that helps to regulate water balance in our body. As long as they have enough, they can do their job properly. Too much water is expelled as urine and our body goes back into balance. Too little water causes the kidneys to go into overdrive, which forces the liver to take on some of the kidneys' job. This added work of the liver then prevents it from adequately performing one of its main functions: metabolizing fat. While this is happening, the kidneys end up producing urine that's very concentrated. This makes them work harder and can do a great deal of damage over time.

Take a minute and think about how much water you actually drink each day. You're not allowed to count soda, coffee, juice or alcohol because the body has to filter those liquids before it can use any of them. I'm talking about good old plain water.

Take water wherever you go. It's also important to drink water before you actually feel thirsty. I keep a stash in my car and a small bottle in my purse. An easy way to tell if you're getting enough is by your urine's color. If it's clear, you're in good shape. If it's yellow, you're not. The more yellow it is, the more your body needs water. If the color is ever dark orange color, you could be severely dehydrated. If you find yourself in this situation, drink water immediately. It may take several days to get you to the point where your urine becomes clear again. Supplements can also change the color of your urine, so pay more attention to the color after going to the bathroom a couple of times after taking supplements.

The bottom line is this: Pain or discomfort is often the body's warning siren to drink more water. When your body is hydrated, toxins are flushed. This is critical because our environment, our food and our lives are filled with more toxins than most people realize. Water is a key to keeping us well. How much is enough? My least favorite governmental agency recommends 6 eight-ounce glasses of water per day for everyone. That doesn't make sense to me. They're saying that a 6-year old child should drink the same amount of water as a 200-pound man. Many experts suggest, and I agree, that you consume water based on your size. The recommendation is to drink about 8 ounces of water for every 20 pounds of weight. For me, at 118 pounds, that would be the 6 eight-ounce glasses per day recommended by the FDA. But I typically drink more than that, and the water I drink is filtered. Tap water is full of too much chlorine, fluoride and other toxic materials that cause our kidneys to work harder than they should. So while it's important to drink water, make sure the water you drink is the healthiest and cleanest it can be. Invest in a good filter and if you need suggestions, give me call. To keep yourself hydrated, drink a glass of water upon waking 30 minutes before meals.

So drink up and have a wonderful month.