

Health Matter

The head - Our brains are 85% water and research has found that keeping hydrated can improve mental performance, prevent lethargy and keep headaches at bay.

The heart - Drinking ultra pure water instead of alcohol, tea and coffee and fizzy drinks could help reduce stress, lower blood pressure and reduce the risk of heart problems.

The stomach - A healthy balanced diet combined with drinking plenty of pure water could help protect against a number of gastric problems. Caffeine is a stomach irritant, as well as being a diuretic that can cause dehydration. Drinking sufficient water can also help prevent constipation.

Research has also found that water can be used to treat stomach ulcers and conditions like Irritable Bowel Syndrome by simply drinking the recommended two litres per day.

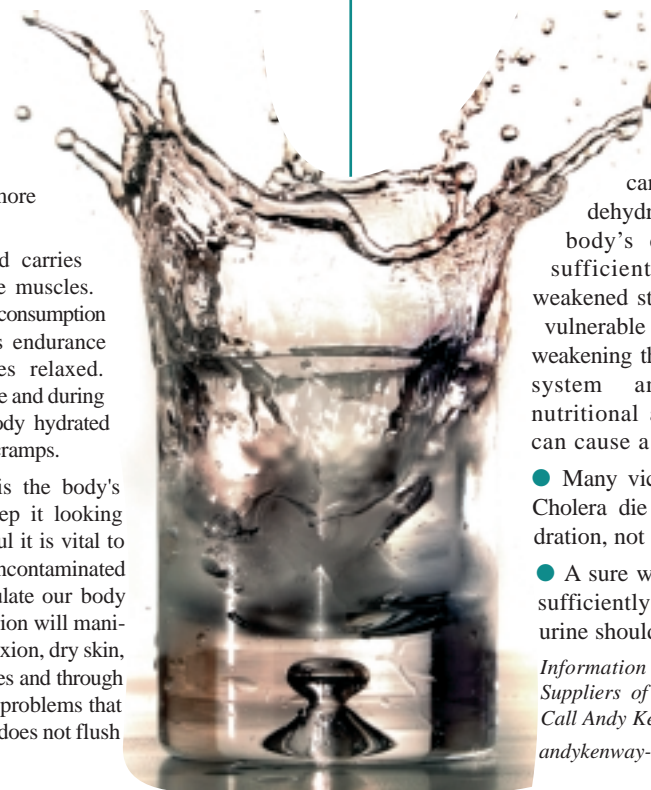
Ultra Pure water can also be used to aid weight loss, as sometimes hunger can be mistaken for thirst. Try drinking a glass of water if you feel hungry. It may be that you are dehydrated and do not need to eat anything.

The kidneys - Our kidneys have to filter over 200 litres of fluid each day. If there is enough water in the body the kidneys will function properly. A high fluid intake can reduce the risk of kidney stones, bladder cancer and urinary infections, according to John Bradley, a trustee of The National Kidney Research Fund and Director of renal medicine at Addenbrookes Hospital. "Kidney stones are common: one in ten men and one in twenty women suffer from them at some point in their lives. They cause great pain and can compromise the kidney function," he warns.

The liver - Drinking lots of pure water will ensure that the liver works efficiently, enhancing its ability to eliminate toxins and making the body feel less sluggish and more energised.

The muscles - Blood carries water and oxygen to the muscles. Research shows that water consumption during activity increases endurance and helps keep muscles relaxed. Drinking pure water before and during exercise will keep the body hydrated and help prevent muscle cramps.

The skin - The skin is the body's largest organ and to keep it looking healthy, clear and youthful it is vital to drink plenty of pure, uncontaminated water. Skin helps us regulate our body temperature and dehydration will manifest itself in a dull complexion, dry skin, dark circles around the eyes and through spots, blemishes and skin problems that can occur when the body does not flush out toxins effectively.



food



Did you know

It is often overlooked, but maintaining the body's natural hydration is as - if not more - important than the three square meals a day recommended. Here are some surprising facts:

- The body is comprised of over 70% water
- Only water can properly rehydrate the body, soft drinks & alcohol are diuretics which can make you more dehydrated
- Water plays a major role in nearly every bodily function
- Water regulates your body's temperature. Our health and well-being are dependent on keeping body temperature within a very narrow range
- Water can help regulate your appetite; this has obvious benefits as part of a controlled diet
- Water flushes out impurities in your skin, helping to make your skin look younger. A lack of adequate hydration can lead to dry and itchy skin, acne, repeated urinary tract infections, dry and unproductive coughs, constant sneezing, sinus pressure and headaches
- Water is essential for proper digestion, nutrient absorption and chemical reactions
- Consistent failure to drink enough water can lead to chronic cellular dehydration. This is where the body's cells are not hydrated sufficiently, leaving them in a weakened state. This leaves the cells vulnerable to attack from disease, weakening the body's overall immune system and leads to chemical, nutritional and Ph imbalances that can cause a variety of diseases.
- Many victims of diseases such as Cholera die primarily through dehydration, not from the disease itself.
- A sure way to tell if your body is sufficiently hydrated is that your urine should be a pale yellow colour.

Information supplied by Interflow - Suppliers of Filtered Water Dispensers. Call Andy Kenway 01892 662244 andykenway-interflow@supanet.com