

The Foundation of Good Health is Good Water

The quantity and quality of the water we drink have a dramatic impact on our health.

The human body is a water machine, designed primarily to run on water and minerals. Every life-giving and healing process that happens inside the body... happens with water. In just the last decade, medical science has begun to focus more on the tremendous healing ability of the body and how much that ability depends on water. The body instinctively knows how and strives to sustain youthful longevity, and in its every effort, water is the key.

The human body is made up of more than 70% water. The blood is more than 80%, The brain more than 75%, and the liver is an amazing 96% water!

The function of every cell in the body is controlled by electrical signals sent through the nervous system from the brain. Nerves, in reality, are an elaborate system of tiny waterways. If the fluid inside the nerves thickens due to dehydration or is contaminated with synthetic chemicals or toxic heavy metals like [lead](#), the vital signals can get distorted. Many experts now believe that the distortion of these signals may be the root cause of many degenerative diseases and neurological illnesses including attention deficit disorder, chronic fatigue syndrome, anxiety, depression and even Alzheimer's disease.

Considering the major role that water plays in the function of the brain and nervous system, its purity is possibly the most basic and essential key to healthy longevity. Proper digestion and nutrient absorption depend on a healthy intake of water. In order for our bodies to get the nutritional value from the foods and supplements we eat, we must consume plenty of good water. Since sugars and carbohydrates are absorbed more rapidly, even a slight degree of dehydration can cause us to get calories without nutrition from the foods we eat.

Our energy level is greatly affected by the amount of water we drink. It has been medically proven that just a 5% drop in body fluids will cause a 25% to 30% loss of energy in the average person... a 15% drop in body fluids causes death! Water is what the liver uses to metabolize fat into usable energy. It is estimated that over 80% of the population suffers energy loss due to minor dehydration. An increased intake of healthy water will help metabolize and shed stored fat... resulting in more energy and less fat. [Read More About Water and Weight Loss.](#)

Detoxification is probably the single most important component of long-term health... and one that relies almost exclusively on an adequate intake of good water. Water is the body's only means of flushing out toxins, the key to disease prevention. In our industrialized chemical society, we are exposed to literally hundreds of harmful substances daily. Our air, our foods and everything we touch... contain traces of harmful chemicals. Unfortunately, we can't keep toxins from getting into our bodies, but we can help our bodies get rid of them by drinking plenty of healthy water. The more water we drink, the more we allow the body to purify itself. Almost all degenerative disease is the result of toxins building up in the body.

The quality of the water we drink is equally as important as the amount. If water already contains [chlorine](#) and other chemicals, it has less ability to carry toxins out of the body. If we consume water that contains traces of synthetic chemicals, then we force our liver and kidneys to be the filter, ultimately damaging or destroying two of our vital organs. With an abundant intake of clean, healthy water we allow the body to perform all the healing processes that it is naturally capable of.

Aquasana provides water that is better than any bottled water, for less than 10¢ a gallon... GUARANTEED!

- [Read More About Prevention and Healing with Water](#)
- [Weight Loss With Water](#)