

The Importance of Water & Detoxification

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Water is something that we often take for granted and most people don't really understand how essential water is to our health. Nor do most people know what happens to our body if it doesn't receive enough clean water every day. Making up almost three-fourths of the body, every cell is regulated, monitored, and dependent on an efficient flow of water. Not one of the processes in our bodies could take place without water.

Being sufficiently hydrated is important for many reasons, especially with tapping. We are working with the body's electrical system while using EFT, and water is a conductor of electricity. Therefore it's even more important to keep yourself hydrated before, after and during a tapping session.

FACTS ABOUT WATER

- Your daily energy depends on water because your body's chemical reactions are water-dependent. Just like a hydroelectric system, the energy generated by your body's water is carried through your system via of your meridian (electric) system. Without adequate water your energy cannot flow properly and your body's "batteries" are useless.
- Water is the adhesive that bonds your cell architecture. When you get enough water fluid retention decreases, and gland and hormone functions improve.
- Good water is essential to body cleansing. Our bodies need water to dilute toxins and flush them out of our system. Without sufficient hydration to do that, water is taken from organs, skin and tissue...water that is really needed there. Or, the toxins just stay in our system making us bloated, lethargic and toxic.
- Water regulates your body temperature, maintains your equilibrium and helps the liver break down and release more fat.
- Water carries every nutrient, mineral, vitamin, protein, hormone and chemical messenger in your body to its destination.
- Proteins and enzymes, the basis for your body's healing capacity, function efficiently only when you have enough water.
- Your brain tissue is 85% water. Messages from your brain to everywhere else in your body are transported on "waterways."
- Drinking enough water is critical to keep your skin soft, your brain sharp and your elimination systems regular.

Here are some more interesting facts about water and our health

- 75% of Americans are chronically dehydrated.
- Lack of water is the #1 trigger of daytime fatigue
- One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study. .
- Research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking five glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.
- When born, our bodies are 95% water. In adulthood we are still 75% water. If we don't consume enough of it each day, millions of cells die from dehydration. We may not notice it on a daily basis, but millions of missing cells each week, month, and year make a difference in our performance and health.

How much is enough?

Your body needs about three quarts of replacement water every day under normal conditions. Strenuous activity, summer temperatures, or a diet that's high in salt increase this requirement.

Your foods provide up to a quart of water per day. Fruits and vegetables are more than 90% water. Even dry foods like bread are about 35% water. Water for metabolism is produced as part of the food digestion process, yielding as much as a pint per day.

Water is critical to your detoxification program! For a healing program, several types of water are worth consideration:

- Mineral water comes from natural springs with varying mineral content and widely varying taste. The naturally occurring minerals are beneficial to digestion and regularity. In Europe, this form of bottled water has become a fine art.
- Distilled water can be from a spring or tap source; however, it is "de-mineralized" (only oxygen and hydrogen remain). Boiling water, then converting it to steam and re-condensing it, accomplishes distilling. It is the purest water available, ideal for healing, but not for long-term use because it can de-mineralize the body.
- Sparkling water can come from natural carbonation in underground springs, but most are artificially infused with CO₂ to maintain a standard fizz. This water is an aid to digestion, and is excellent in cooking to tenderize and give lightness to a recipe.
- Artesian well water is the Cadillac of natural waters. It always comes from a deep pure source, has a slight fizz from bubbling up under rock pressure, and is tapped by a drilled well. Artesian water never comes in contact with ground contaminants.

Bottom Line: Drink a lot of water, every day...at the minimum 72 oz. That's only a little more than four, 16oz. bottles of water. The more you drink, the healthier you'll be and the faster you will reach your health goal!