



## **Principle #7 Water**

*“Water is the best liquid possible to cleanse the tissues.... Drink some, a little time before or after a meal.”—Ellen G. White, Healthful Living, p. 226*

It goes without saying that water is an especially important part of any diet and lifestyle. Water is one of the eight main health principals that Adventists base their diet on. Water is the foundation of our body and brain so it's extremely important to drink enough of it!

**Most people know the benefits of water, but here are five you may not know.**

Water....

1. Flushes toxins out of your body.
2. Balances body fluids
3. Increases energy

4. Keeps your skin healthy
5. Prevents and helps to get rid of cramps
6. Lowers blood pressure

### Water When You're Trying to Lose Weight?

Water is not a magic pill that works to make you thin, but it does significantly contribute to your dieting regime.

#### So why should you continue to drink more water while you're dieting?

1. When you lose weight or burn calories, your body creates toxins which need to be flushed out of the body. Water plays a key role in this!
2. Most people experience loss of water when they start to lose weight. Water is important in this stage of weight loss to prevent dehydration from losing too much water and not replacing it.
3. Dehydration will slow down many processes in the body including fat-burning and it causes a reduction in the volume of blood in the system. Drinking lots of water will help to make the fat burning process efficient while supplying lots of fluids for the blood stream. A bigger blood volume equates to more oxygen being available for our muscles to use.
4. Speaking of muscle, water lubricates joints while helping muscles contract. This means that your muscles will be less sore when you are properly hydrated!
5. Do you have a problem with choosing proper portion sizes? Drinking water can help you feel fuller, so you won't eat as much!
6. If you have switched over to a good diet that includes lots of fiber, then you will need to drink lots of water to make sure that you don't get constipated.
7. Staying hydrated will help you to identify the difference between feeling thirsty and hungry, thus helping you to make good diet decisions.
8. Your metabolism will work more efficiently when you are well hydrated. As we've already seen our body works best with proper water.
9. You can also replace sugary or caffeine filled drinks with water which helps to reduce your calorie intake.

#### How Much Should I Drink?

The average human body will utilize about 10 - 8 oz. cups of water a day, or 2.36 liters. The amount of water you should drink varies between individuals and depends on many things. How much do you weigh? (In general, take your weight in lbs. and divide it by 2 to determine how many ounces your body will need) What kind of activities are you doing? How hot or humid it is, and what is your diet like? Also pay attention to your urine. When you are drinking enough it will be a pale-yellow color. If you're not used to drinking much water it's best to gradually increase the amount you're drinking and to spread it out through the day. It is always best to try to get most of your water consumption in before 3 p.m. so you are not disturbed with night-time urination.

#### What About Substitutions for Water?

Other liquids can provide water for your body, but a lot of drinks are diuretics (soda, tea, alcohol and coffee) which actually cause your body to lose water. Another source of water is the food that we eat including fruits and vegetables.

The best foods for water consumption include:

Lettuce

Cucumber

Tomatoes  
Broccoli  
Carrots  
Watermelon  
Grapefruit

### Other Uses of Water

Seventh-day Adventists also are firm believers in other benefits of water as well. It is important to shower or bathe daily to remove toxins that you have perspired and to increase circulation. Another use for water includes hydrotherapy or hot and cold fomentations.

Please see the section **Natural Healing** for more information on this lost healing art.