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WATER & ITS IMPORTANCE

More than 60% of people experience dehydration of the body and do not even realize it. About 10% of people consume more water than their body requires. Insufficient and excessive intake of water can be dangerous for human health.

The case studies manifested a fact that most of the clients considered soda and coffee intake equal to water intake. These drinks hydrate the body, but they contain additional nutrients and chemicals that prevent the process of body detoxification on daily bases. They are not created to support the elimination of toxic metabolic waste from the body. Only 2-3 cups of green or herbal detox teas may substitute several cups of spring or mineral water.

Excessive fluid intake flushes out vitally important minerals and nutrients from the body. The balance on water intake is vitally important. There is general recommendation of taking **8** glasses of water per day. Each glass contains 8 oz. **Daily intake of 8 cups of water allows:**

- ✓ nutrients from the consumed foods to be assimilated from the intestines, dissolved and utilized on the cellular level;
- ✓ prevent constipation and accumulation of toxic metabolic waste in the intestines, liver and kidneys, sustaining daily detox of the body and brain;
- ✓ regulate the level of electrolytes and temperature of the body;
- ✓ deliver nutrients and oxygen to cells;
- ✓ carry nutrients, as the building materials, for renovation of the bones and soft tissues;
- ✓ lubricate joints in spine and extremities;
- ✓ lubricate skin and hair;
- ✓ supply the body with stable energy;
- ✓ burn calories (8 cups of water daily burn about 100 calories through thermogenesis).

However, recommended amount of fluids depends on:

- weight and height of the person,
- health condition of the individual,
- temperature and humidity in the area where an individual stays.

SIGNS OF DEHYDRATION

Put an **X** where it applies to you.

Symptoms of dehydration	ALWAYS	SOMETIMES	NEVER
1. Lack of energy	_____	_____	_____
2. Easy tiredness	_____	_____	_____
3. Headaches	_____	_____	_____
4. Dizziness or lightheadedness	_____	_____	_____
5. Dark concentrated urine	_____	_____	_____
6. Uncontrolled hunger	_____	_____	_____
7. Dry mouth or throat	_____	_____	_____