

WATER!

1. A 5% REDUCTION IN HYDRATION RESULTS IN A 25% REDUCTION IN ENERGY.
2. WATER HELPS CARRY NUTRIENTS TO THE CELLS.
3. WATER HELPS TRANSPORT WASTE TO THE KIDNEYS AND LUNGS FOR EXCRETION.
4. WATER HELPS CARRY HORMONES AND IMMUNE CELLS THROUGH THE BLOODSTREAM.
5. WATER IS A NECESSARY ELEMENT FOR THE PROCESS OF METABOLISM AND DIGESTION OF FOOD.
6. WATER ASSISTS IN REGULATING BODY TEMPERATURE.
7. WATER HELPS PROTECT AND CUSHION TISSUES AND LUBRICATE THE JOINTS.
8. WATER PROVIDES A FULL FEELING, ASSISTS IN THE REGULATION OF BOWELS AND AIDS IN RELIEVING SUCH DISORDERS AS CONSTIPATION.

HOW MUCH TO DRINK!

1/3 of body weight in fluid oz/day

&

8 additional oz. for every vice (coffee, sugar, soda etc.)

&

8 additional oz. for every 20 min of exercise



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