



# Water

Water plays a key role in the digestion, absorption, transportation, and use of nutrients



## SYMPTOMS OF DEHYDRATION

### EARLY SIGNS

- Fatigue
- Loss of appetite
- Flushed skin
- Burning in stomach
- Light-headedness
- Headache
- Dry mouth
- Dry cough
- Heat intolerance
- Dark urine

### SEVERE SIGNS

- Difficulty swallowing
- Stumbling
- Clumsiness
- Shriveled skin
- Sunken eyes
- Dim vision
- Painful urination
- Numb skin
- Muscle spasm
- Delirium

## Water is Essential

Water is the most abundant compound in the human body. All biochemical reactions occur in water, and water is an active participant in those reactions. There is no life (as we know it) without water. It is well known that severe dehydration acutely affects health. More recently mild dehydration has been identified as a risk factor for long-term health, and as a short-term influencer of both mental and physical performance.

**75% of Americans are chronically dehydrated.**

## Hydrate or Die

- In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as 3%.
- One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- Lack of water, the #1 trigger of daytime fatigue.
- Preliminary 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.

## DID YOU KNOW?

### SODA IS THE #1 SOURCE FOR CALORIES IN AMERICA.

- Just one extra can of soda per day can add as much as 15 pounds to your weight over the course of a single year!
- One soda per day increases your risk of diabetes by 85 percent
- The average soda contains 10 teaspoons of sugar

