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46 reasons why your body needs water every day.

Book Source – You're Not Sick, You're Thirsty! F. Batmanghelidj, M.D.

1. Without water, there is no life.
2. A relative lack of water first suppresses certain parts of the body and eventually destroys those parts.
3. Water is the main source of energy; it is the body's cash flow.
4. Water generates electrical and magnetic energy in every cell of the body. It provides the power to live.
5. Water is the binding adhesive in the structural design of the cell.
6. Water prevents DNA damage and provides effective repair, reducing the amount of abnormal DNA made.
7. Water greatly enhances the efficiency of the immune system in the bone marrow, including its effectiveness against cancer. All mechanisms of the immune system are formed in the bone marrow.
8. Water is the main solvent for all food, all vitamins and all minerals. It is used in the digestion of food into smaller particles, in their final metabolism and in their absorption.

9. Water puts energy into food and the food particles can then provide energy to the body during digestion. That is why food without water has no energy value to the body.
10. Water increases the rate at which the body extracts essential substances (substances the body cannot make itself - ed.) from food.
11. Water is used to transport all substances in the body.
12. Water increases the efficiency of red blood cells in absorbing oxygen into the lungs.
13. When water reaches a cell, it releases oxygen and carries the waste gases to the lungs for removal.
14. Water removes toxic waste from various parts of the body and takes it to the liver and kidneys for disposal.
15. Water is the main lubricant in the joint crevices and helps prevent arthritis (joint inflammation - ed.) and back pain.
16. Water is used in the intervertebral discs to make shock-absorbing water cushions.
17. Water is the best liquid laxative and prevents constipation.
18. Water reduces the risk of heart attack and stroke.
19. Water prevents the capillaries of the heart and brain from becoming blocked.
20. Water is extremely important for the cooling systems (sweating) and for the (electric) heating systems of the body.
21. Water provides us with power and electrical energy for all brain functions, especially for thinking.

22. Water is especially needed for the efficient manufacture of all neurotransmitters, including serotonin.
23. Water is especially needed for the production of all hormones made by the brain, including melatonin.
24. Water can help prevent ADHD in children and adults.
25. Water increases efficiency at work; it increases your concentration time.
26. Water is a better energy drink than any other soft drink and it has no side effects.
27. Water helps reduce stress, nervousness and depression.
28. Water restores the normal sleep-wake pattern.
29. Water helps reduce fatigue - it gives us youthful energy.
30. Water makes the skin smoother and helps to reduce the effects of ageing
31. Water adds brilliance and sparkle to the eyes.
32. Water helps prevent glaucoma (an eye disease that can lead to blindness - ed.)
33. Water normalizes bone marrow blood production systems - helps prevent leukemia and lymphoma.
34. Water is absolutely essential for the immune system to be effective in various areas, fighting infections and cancer cells as soon as they are formed.
35. Water thins the blood and prevents it from clotting during circulation.
36. Water reduces premenstrual pain and hot flashes.
37. Water and the heartbeat create the dilution and pressure differences of the circulatory system, which prevent particles from depositing on the vessel wall.
38. The human body has no water reserves from which it can draw during dehydration. That is why you should drink regularly and throughout the day.

39. Dehydration inhibits the production of sex hormones; one of the main causes of impotence and loss of libido.
40. Drinking water keeps the sensation of hunger and thirst separate.
41. Water is the best way to lose weight. Drink water on time and you will lose weight without having to diet. You will also stop eating too much when you are hungry but actually thirsty.
42. Dehydration causes the deposition of toxins in tissues, joints, kidneys, liver, brain and skin. Water clears these deposits.
43. Water reduces the occurrence of morning sickness in pregnancy.
44. Water improves cooperation between the brain and body functions. It increases the ability to reach goals and increases goal awareness.
45. Water helps prevent memory loss with age. It helps to reduce the risk of developing Alzheimer's disease, Parkinson's disease, Multiple Sclerosis (MS) and Amyotrophic Lateral Sclerosis (ALS).
46. Water helps reduce cravings for addiction, whether to caffeine and/or alcohol, or to some drugs.