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How Important is Pure Clean Drinking Water?



Lee Jacobs asked:

Many of us fail to realize just how important clean drinking water is for the body - did you know that the human organism is primarily water? We are talking about over 70%, with the quality of our health and well being coming down largely to the quality of the waters contained within the body.

The actual break down of the body in terms of constituent's stands at 72% plain water, 20% being hard bone and solid tissue, with the remaining 8% being a combination of chemical compounds. Looking at this from purely a biochemical standpoint, it stands to reason that the quality of fluids within the body can have a profound impact upon our overall state of well being. Every life giving action that takes place within the body happens within this body of water.

The last decade has brought many medically based discoveries to the fore of our awareness, one of them being the enormous capacity of the human body to heal itself of virtually any pathology if just given the chance. By instinct, our body knows how to heal itself, and it has been found that water is the key!

Every cell within the body is governed by complex electrical signals sent via the nervous system stemming from the brain. Essentially, the nervous system is a complex array of minuscule "waterways". For instance, if we become dehydrated, the fluid within our nerves congeals, giving way to a congested mix of synthetic and organic contaminants that distort the vital signals within the body.

Many scholars have now concluded that the distortion of these sensitive communications within the body are the driving mechanism for many degenerative pathologies and neurological diseases such as Chronic Fatigue, anxiety, depression, Attention Deficit Disorder and even Alzheimer's disease.

Recently it has been medically shown that even a drop as little as 4% in fluids within the body will cause up to a 30% loss of energy. So for all of us out there that at times suffer from low energy, more times than not this will be because we are dehydrated. A 15% drop in body fluids actually will kill us!

The statistics have it that more than 65% of people don't consume enough fluids, with many of us experiencing some degree of dehydration. Effectively this means that much of the populace is running at roughly 70% of our capacity, and in many cases less.

Conditions such as hypertension, ulcers, sickness, arthritis, fatigue and headaches can all be reduced, and in a majority of cases prevented entirely just by consuming an adequate amount of clean water.

It's important to clarify that clean pure water is what we are saying that needs to be consumed, and not fluids such as tea, coffee, colas and the like. This distinction is of utmost importance, as many fluids will actually dehydrate the system - we need to hydrate!

Remember, every time we consume a meal, a certain amount of available fluid is required to shuttle the nutrients away from the bowel, and just as importantly, an adequate amount of fluid is needed to flush the toxin load from the body that builds up from metabolic wastes.

When the body is supplied decent water, the correct nutrients and minerals, our body can overcome virtually anything!

Rev Response

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