

hydration is key to maintaining a healthy body.

FATIGUE: Water is the most vital source of energy in the body. Dehydration causes the enzymatic activity in the body to slow down, resulting in tiredness and fatigue.

PREMATURE AGING: When chronically dehydrated, the body's organs, including its largest organ, the skin, begins to wrinkle and wither prematurely.

HIGH BLOOD PRESSURE: The blood is normally about 92% water when the body is fully hydrated. When dehydrated, the blood becomes thicker causing resistance to blood flow and resulting in elevated blood pressure.

ASTHMA AND ALLERGIES: When dehydrated, your body will restrict airways as a means to conserve water. In fact the rate of histamine produced by the body increases exponentially as the body loses more and more water.

BLADDER OR KIDNEY PROBLEMS:

With a dehydrated body, the accumulation of toxins and acid waste creates an environment where bacteria thrive, resulting in the bladder and kidneys to be more prone to infection, inflammation, and pain.

HIGH CHOLESTEROL: When the body is dehydrated, it will produce more cholesterol to prevent water loss from the cells.

CONSTIPATION: When short of water, the colon is one of the primary regions the body draws water from in order to provide fluids for other critical body functions. Without adequate water, wastes move through the large intestines much more slowly or sometimes not at all, resulting in constipation.

DIGESTIVE DISORDERS: A shortage of water and alkaline minerals, such as calcium and magnesium can lead to a number of digestive disorders, including ulcers, gastritis, and acid reflux.

WEIGHT GAIN: When dehydrated, cells are depleted of energy which causes them to rely. As a result, people tend to eat more when, in reality, the body is thirsty.

SKIN DISORDERS: Dehydration impairs the elimination of toxins through the skin and makes it more vulnerable to all types of skin disorders, including dermatitis and psoriasis, as well as premature wrinkling and discoloration.

JOINT PAIN OR STIFFNESS: All joints have cartilage padding which is composed mainly of water. When the body is dehydrated, cartilage is weakened and joint repair is slow resulting in pain and discomfort.

