

Water

Foggy Brain? Can't Concentrate? Dehydration?

Water % in Various Body Part

Brain	80.5%	Teeth	10%
Lungs	80%	Blood	90.7%
Liver	71.5%	Plasma	90%
Spleen	75.5%	Red Blood Corpuscles	68.7%
Muscle	75%	Saliva	95.5%
Cartilage	55%	Lymph	94%
Bones	13%	Bile	86%

Why We Need Water:

1. Every single organ requires ample hydration to function properly.
2. Water is absorbed directly into bloodstream to flush out what doesn't belong there. (Start your day with water and lemon – unless extremely alkaline pH to flush out the night's work of the liver.)
3. Water provides the body, tissues and cells, the ability to fight vital attacks.
4. Transports nutrients to cells.
5. Cleanses the kidneys. Ice cold water shocks the body. Best room temp.
6. Water - Balances the pH, temperature, equilibrium, moisturizes skin.
7. Water lubricates joints, bones, muscles.
8. Water is critical for new cell creation
9. Water gives the brain the ability to concentrate, speak, think clearly.

Signs of Dehydration:

Burning & irritating urination	Afternoon extreme fatigue	Urinary Track Infections
Varicose veins	Dry mouth	Dizziness
Kidney stones	Tooth decay	Back pain
Hemorrhoids	Loss of vision	Dandruff
Headaches	Cramps	Wrinkles
Migraines	Gout	Shortness of breath
Constipation	Stiff joints	hemorrhoids

½ Body Weight divided in half = minimum number of OZ. of WATER the body needs
 Add 2 cups H2O for every cup caffeinated or soda

Osmosis or Distilled remove sludge, body can't use minerals in water, settle in joints

SUNRIDER: Fortune Delight: Super Hydration & Cleansing Digestive System

Calli – Daily Detox: Nourishes 5 cleansing organs – Liver, colon, lungs, skin, kidneys