

HYDRATION - MIRACLE OF WATER

At a time when we are bombarded with complicated scientific "health" products, it now looks as if one of the most important ways to improve our health is as simple as turning on the kitchen tap.

We all know water is essential for survival. And the reason for this is hydration.

Hydration is about water absorption: the utilisation of the nutrients and minerals at a cellular level contained in the liquid we consume. Therefore, for optimal health, the type and quality, of water we consume is important, along with the process of absorption within our bodies.

WATER IN AUSTRALIA

Tap water in Australia is of a good standard, as opposed to that of the United States and Great Britain. On average, our tap water contains 50mg of calcium, and the levels of anti-nutrients are considered quite safe.

In the US and Britain, however, the levels of nitrates, trihalomethanes, lead, aluminium and pesticides exceed the Maximum Admissible Concentrations set by the government for the safety of the people.

With such alarming figures, many people the world-over (including Australia) are choosing not to risk their well being and are switching to filtered, distilled and bottled water for their consumption needs.

BRAIN FUNCTION

Why is hydration so important? Hydration is a vital step in every biochemical process in our bodies, ranging from brain function to skin condition to digestion.

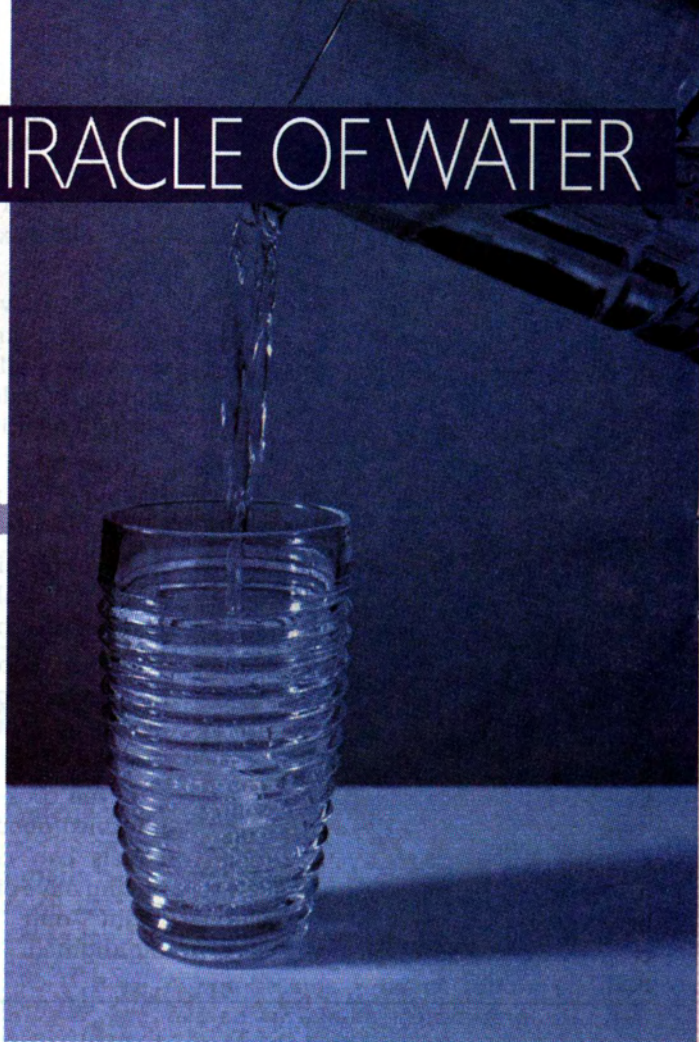
Every day, our bodies release more than a litre of water through the skin and lungs from essential bodily processes. We need to replenish this amount of water lost by drinking plenty of liquids, preferably no less than 1.5 litres daily. And more than this is needed, when we take into account the digestion of dehydrating drinks, such as coffee and alcohol. We should consume the same amount of water as these dehydrating liquids, as well as our daily 1.5 litres, to maintain the minimum level of water needed to remain healthy and hydrated.

HEALING PROPERTIES

Throughout history, mankind has had a fascination with water and its

healing properties. In many religious faiths, water has served as the bridge to connect us with God. Christians are baptised with water as a sign of entry into the faith. In the Zen tradition, the sound of water is said to aid relaxation and meditation. Even in today's harsher, more cynical times, water's calming effect is used as a form of "crowd control".

As well as the spiritual benefits associated with water, an increase in water consumption is said to assist in a multitude of health related issues



Optimal Hydration is vital for Optimal Health.

These days just drinking water is not enough to keep you hydrated.

The Aqua Hydration Formulas are herbal and homoeopathic formulations which improve and support cellular hydration.

Hydrate today with the Aqua Hydration Formulas.

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ranging from weight loss to improved skin condition, and the treatment of ulcers and poor digestion.

Although researchers can not guarantee water as a cure for these conditions, the maintenance of a positive daily intake of water does improve overall health. For example, natural mineral water taken first thing in the morning stimulates digestive functions. All components of natural mineral water are building blocks needed to regulate metabolism and maintain good health.

H2O NOT ALWAYS ENOUGH

Although maintaining a good level of water intake helps keep our bodies hydrated, those of us with a hectic schedule may not remember to drink enough water. Inadvertently, we starve our bodies of the nutrient essential for its functioning.

In 1993 Dr Jaroslav Boublik, specialist in Neuroendocrinology (and a recreational marathon runner), began experiencing symptoms he could not explain. In training for small marathons, he would suffer profound

dehydration and loss of energy.

Despite drinking while training and during marathons, Dr Boublik could not seem to keep fluids on board. Even his attempts to preload before runs with water and sports drinks did not seem to help.

Because his body had not been receiving enough liquids over a considerable amount of time, his absorption process had been adversely affected.

Fortunately, the human body has an astounding ability to recuperate, and Dr Boublik began devoting as much passion to researching hydration as he did to becoming a specialist in his field of science.

In collaboration with Natural Health Therapist Leonie Hibbert, the pair have created a business called AquaConneXions specialising in formulas that assist in rehydrating the body from the inside out.

These formulas come specialised for men and women - all natural - and concentrate on bringing the body back into a healthy state of balance.

There are ways to determine whether your body is dehydrated or not. A simple test is to pinch the skin on the back of your hand. If it does not spring back to normal instantly, that is a sign that the body is dehydrated. And it is never too late to begin rehydrating our most precious machine.

HOME REMEDIES

Hydration formulas are now quite accessible and affordable at most good health stores, and most of us could do with a boost in hydration. However, if you are looking to make your own hydration formula at home, an easy way to start is by adding fresh juice (preferably apple) to some filtered or spring water. Apple is recommended because it has a purifying action, and the fructose in the juice vastly increases the level of water absorbed in our bodies at a cellular level. So why not improve your health and well being today, and look to hydration as the place to start.