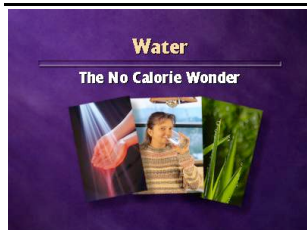


Water—The No Calorie Wonder

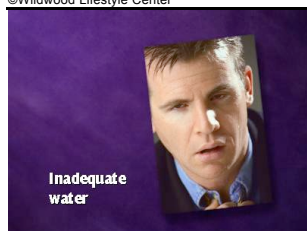


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Today we want to talk about the “no calorie” wonder of the world—Water!



Can you imagine trying to wash a whole sink full of dirty dishes with only one cupful of water. Would the dishes be very clean?



©brandXpictures #bxp28943

In a similar way, when we don't drink enough water the body must eliminate wastes in a much more concentrated form. This often causes body odor, bad breath, and unpleasant-smelling urine.¹

Surveys show that most people fall short of drinking enough water.



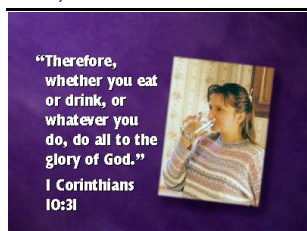
Today soft drinks have become the main beverage of both young people and adults alike. The average teenager downs two to three cans a day, and some as many as six or seven.



Many adults drink more beer than water. In addition, plenty of tea, coffee, and other beverages are consumed.²



What happens when you go to a restaurant for a meal? You are usually asked expectantly, “And what would you like to drink?” Isn't it interesting that very few people ask for water? Instead, most order soft drinks and other beverages, without giving a thought about what the body really needs.



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Fortunately, our creator has provided us with an abundance of water around us so that we can have as much as we need. He likes us to make use of this natural beverage, and it even fits with how the Bible encourages us to take care of our bodies and to drink those things that honor God by promoting good health.



In 1 Cor. 10:31 we read, “Therefore, whether you eat or *drink*, or whatever you do, do all to the glory of God.” NKJV

Water—The No Calorie Wonder

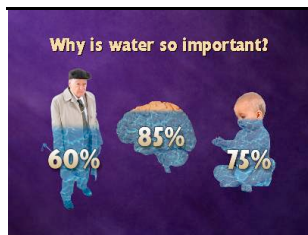
Pure water certainly qualifies.



Why is water so important?

Our bodies are just as dependent upon water as a water-cooled car depends on its radiator.

Many people are surprised to learn just how much water the body really contains.



The average man is 60% water by weight;



...and a baby is even more, 75%.



Amazing as it may seem, our brains are 85% water by weight.³



Water is needed for every function of human life, including:



Respiration



Digestion



Saliva production and tears



Temperature control



Flexibility (of muscles, tendons, cartilage, and bones)



The main sources of water are:



Drinking water and other liquids, and

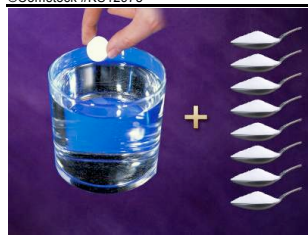


Food (especially in the form of fruits and vegetables)

Today people seem to be drinking everything but water.



Soft drinks are not the best source of water because many contain additives such as sugar, caffeine, and phosphorus, which are harmful to our health.



Would you take a glass of water, add 8 to 12 teaspoons of sugar, mix in a dose of chemicals, and call it refreshing or healthful? That's what soft drink manufacturers do!

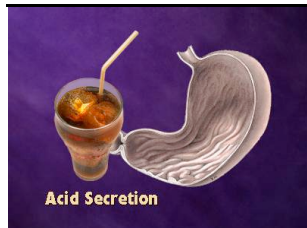
Water—The No Calorie Wonder



©Corel #275096, Hemera Technologies

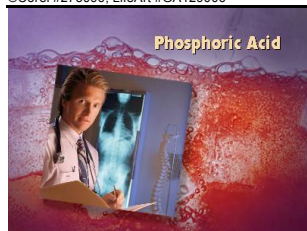
Alcohol and caffeinated coffees and teas, as well as soft drinks may have a diuretic effect.⁴ It is best not to count these as your liquids since they may actually promote dehydration.

Beverages other than water pose further problems.



©Corel #275096, LifeArt #GA129006

Many beverages increase the secretion of acid in the stomach, which may result in heartburn, and irritation of stomach ulcers.



©JohnFoxy #FOL2418, Corbis #MED2041

Some sodas contain phosphoric acid that...



can help deplete the body's calcium supplies, thus contributing to brittle bones.



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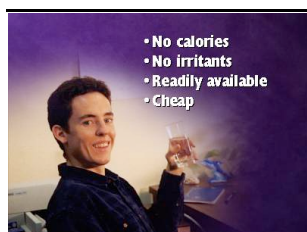
Many contain calories that must be digested like food. Such calories may produce extra fat, blood sugar swings, and indigestion.



©Wildwood Lifestyle Center

Do the “no sugar” diet drinks solve these problems?

While most diet beverages don't contain sugar or calories, they do present other concerns. Nearly all beverages, sugared or not, contain chemicals that are added for color, flavor, preservation, and other reasons. Some of these may also irritate delicate stomach linings, and some may also burden the liver and kidneys to detoxify and dispose of them.



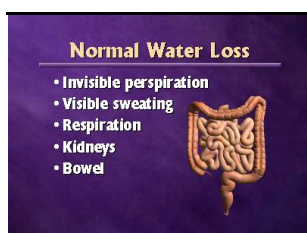
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Drinking water eliminates all of these problems.



It has no extra calories to slow down digestion or to add unwanted fat. It has no irritants to stress the sensitive linings of the digestive tract; it's readily available, and it's cheap!

Every day our bodies lose water.



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How do we lose water?

Normal water loss occurs in five ways:



Invisible perspiration



Visible sweating

Water—The No Calorie Wonder

- ➔ Respiration (by breathing)
- ➔ Kidneys (as urine)—Our kidneys process more than 200 liter of water a day.⁵
- ➔ Bowel (as waste)

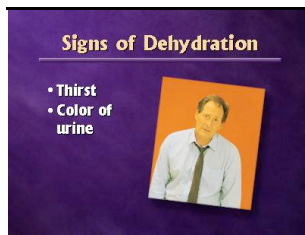


©Photodisc #LS019474; #67016

Our bodies lose water even while sleeping. A person who is resting will lose approximately 3 liter of water a day from the kidneys, bowel, and breathing.⁶



With this large amount of water leaving our bodies each day, it becomes evident that we should replenish it. If we don't, we run the risk of becoming dehydrated.



©Dynamic Graphics #90025

How do we know if we are dehydrated?

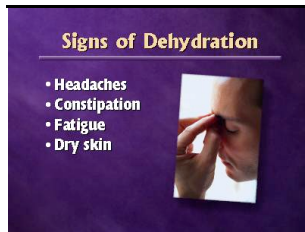
Here are a few signs:



“Thirst” is not a reliable indicator of our body’s needs; because of this we must drink more water than we feel the need for.



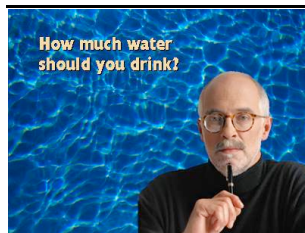
Urine color can be one of the most reliable indicators of hydration. If a body has sufficient fluids, the urine will be pale-yellow in color.⁷



©Corbis #GOV0086

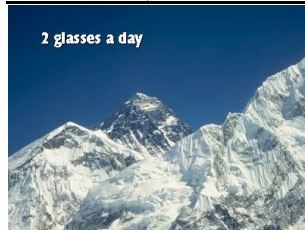
Other signs of mild dehydration include:⁸

- Headaches
- Constipation
- Fatigue
- Dry skin



©PhotoDisc #OS30118; ©Corbis #DTR069

How much water should you drink?



©Corel #187093

To answer this question let's take a look at the role that water played in the initial conquest of Mt. Everest.

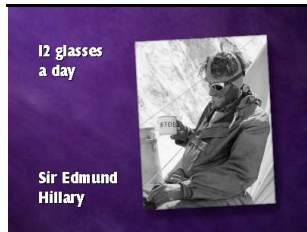
In 1952, the Swiss made a well-planned attempt, but failed just 250m short of the summit. What went wrong?



It was discovered that the climbers had averaged less than 2 glasses of water a day. This was a very small amount for men

Water—The No Calorie Wonder

who were exerting themselves so hard, at such a high altitude.



© Royal Geographic Society

So when the British team led by Sir Edmund Hillary made its attempt one year later...



...the climbers drank an average of 12 glasses of water each day. What was the result?



The British succeeded, and planted the first flag on top of the world's highest peak. What was the difference between victory and defeat?



© Royal Geographic Society

According to Sir John Hunt, the organizer of the British expedition, much of their success was due to the drinking of an abundance of water.



©Good Shoot #23075

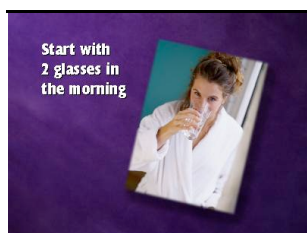
So how much water do we need? Recommendations are to drink **at least 8** glasses of water daily.⁹



As our picture says, it takes “5 to stay alive, 8 to feel great, and 10 to rejuvenate.”

Is drinking this amount of water really that hard? Only if you don't have a plan.

Here are some suggestions:



©PhotoDisc # 67016

Start right out with two glasses of water upon rising each morning. See how quickly the urine clears to a pale yellow—the normal color.



Keep a glass or bottle handy at your work location, in your kitchen and bathroom, and wherever else you regularly spend time.

Water—The No Calorie Wonder



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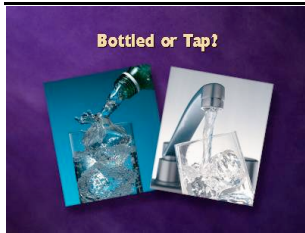
Drink between meals. Wait two hours after a meal before drinking so as to not interrupt the digestion process.



©Comstock #15524

Make it your goal to drink 8 or more glasses of water each day.

Once you become used to drinking adequate amounts of water you will really notice the difference in your alertness and general sense of well-being.



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What kind of water is best?

With reports of contamination by heavy metals, nuclear wastes, fertilizers, pesticides, herbicides, and leaking fuels—some people are afraid to drink the water that comes out of their kitchen faucets.



©Comstock #5297

Most municipal systems are tested daily, and if your water supply is up to standard, what comes out of the faucet may be just as safe as the bottled water you buy. And it's so much cheaper!



©Chris Brevig

If you want to take extra precautions, try using a water filter. A simple, good quality charcoal filter removes most contaminants and will make the water taste pleasant.

The irony of it all is that most of us face more health hazards from **not drinking enough** water than we do from its possible contaminants.



©ADM/Eugene Lambert

Wherever you are getting your water from, it is essential for life.

The Scriptures use water frequently as a spiritual symbol. The same way like our body needs water to quench our thirst; we have inner needs that need to be fulfilled.



In Revelation 22:17 our Heavenly Father extends a most wonderful invitation to a thirsty world. He says, “‘Come!’ And let him who thirsts come. And whoever desires, let him take the water of life freely.” (NKJV)

Water—The No Calorie Wonder



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Next time you are asked, “Anything to drink?” you can say,

“Yes, a glass of water will be fine; after all, it’s the perfect drink.”

- 1 Ludington, Aileen, and Diehl, Hans, Health Power, Review and Herald Pub. Assoc., 2000, p. 191-4.
- 2 Ludington, Ibid. p. 191
- 3 Dysinger, W, M.D., Heaven’s Lifestyle Today, General Conf. of S.D.A. Ministerial Assoc., 1997, p. 47.
- 4 Great Life, Ibid., p. 41.
- 5 Ludington, p. 191.
- 6 Great Life, Ibid.
- 7 Great Life, Ibid.
- 8 Great Life, Ibid.; Levine, Barbara, Dir of Human Nutr. Rockefeller Univ. NY, Reuter Health, NY, June 2000.
- 9 Levine, Barbara, Dir of Human Nutr. Rockefeller Univ. NY, Reuter Health, NY, June 2000.