

30 Reasons Why The Body Needs To Be Hydrated With Living Water

1. Without water, nothing lives
2. Water shortage suppresses and eventually kills some aspect of the body.
3. Water is the main source of energy of the body.
4. Water generates the electrical and magnetic energy inside each and every cell of the body.
5. Water prevents DNA damage and makes repair mechanisms more efficient.
6. Water greatly increases the efficiency of the immune system in bone marrow where it is formed.
7. Water is the main source for all foods, vitamins and minerals.
8. Water is the energizer for food particles that supplies the body with energy.
9. Water increases the rate of absorption of all essential substances.
10. Water is the transporter of every substance within the body.
11. Water increases the efficiency of red blood cells in collecting oxygen to the lungs.
12. Water clears toxic waste from the body and takes it to the liver and kidneys for disposal.
13. Water is the main lubricant in the joint spaces to prevent arthritis and back pain.
14. Water is the shock absorber in the spinal disks.
15. Water is the best lubricating laxative to prevent constipation.
16. Water reduces the risk of heart attack and stroke.
17. Water is essential for the bodies heating and cooling system.
18. Water gives power and energy for all brain functions.
19. Water is directly needed for efficient manufacture of all neurotransmitters, including serotonin.
20. Water is directly needed for production of all hormones made by the brain, including melatonin.
21. Water restores normal sleep rhythms.
22. Water helps prevent glaucoma.
23. Water normalizes blood-manufacturing systems in the bone marrow.
24. Water dilutes the blood and prevents it from clotting during circulation.
25. Water and heartbeats create a dilution and waves that keep things from sedimenting in the bloodstream
26. Water drank regularly stops dehydration, as the body has no reserve to draw from during dehydration.
27. Water drank on a continuous basis separates the sensations of thirst and hunger.
28. Water clears the deposits of toxic sediments in tissues due to dehydration.
29. Water helps prevent the loss of memory.
30. Water reduces fatigue giving the energy of youth.