



In elementary school, and later in high school health classes, most of us were told to eat three balanced meals and avoid snacking. Usually, the four major food groups were outlined, but little was said about eating times, bowel habits, and

# Drink Water

water ingestion. Some of us also might have been told of the desirability of drinking eight eight-ounce glasses of water a day, and the value of increasing that amount when suffering from flu or the common cold. Most know of the importance of water in sustaining life; however, few are aware of its value in preventing disease.

Consuming proper amounts of water maintains consistent blood volume levels. When it's sipped slowly (as opposed to gulping) we ease the kidney's heavy burden of regulating blood volume and allow for better renal functions of purification and urine formation. When overstressed, our kidneys ask the

adrenal glands for assistance. Naturally, when drained, the adrenals become less effective at providing that often needed "shot of adrenaline."

Our bodies are like automobiles. Both demand the use of many different kinds of fluids. Delicate, clear tears and windshield fluids have different responsibilities, than do joint fluids (cynorium) and crankcase oils. A sharp distinction between automobiles and human bodies is that we must manufacture all of our fluids from one basic liquid—water. All bodily functions are impaired when our system is low in water, hence, the predisposition to fatigue and disease. Stay well!

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