

CELEBRATIONS LIQUIDS

In our series on CELEBRATIONS after sharing the material related to the topic, we have a list of questions that we think you may find useful and practical to aid you on your Journey to WHOLENES.

Find a quiet moment when you can go through these and write down your responses so you can review any thoughts you have that could lead to positive decisions for CELEBRATIONS.

LIFE APPLICATION QUESTIONS

Please focus on some life application questions regarding LIQUIDS. Also review them carefully so that you have time to consider the questions and then to apply what you are learning to your life. Please write your responses down for future reference.

- ✚ Based on my level of activity, how much water does my body lose daily?
- ✚ How much liquid am I taking in every day?
- ✚ Based on the colour of my urine, am I getting enough liquid on a daily basis?
- ✚ What can I do to increase my intake of liquids?
- ✚ Do I need to fill a water bottle each morning and make sure I drink it all?
- ✚ Would a schedule to drink at specific times each day be useful (not forgetting the important first glass in the morning)?
- ✚ What percentage of my liquid intake is pure water?
- ✚ What drinks increase the chance of dehydration because they are diuretic in nature?
- ✚ Do I consume too many sugary drinks (including fruit juices) that contribute to a weight problem?
- ✚ Do I make too many of these drinks readily available for my family, rather than keeping them for special times only?
- ✚ Because a 1/3rd of the water my body gets comes from my food, do I need to re-evaluate the amount of high-water foods I am eating?
- ✚ Which of the fruits and vegetables mentioned that are high in water content am I going to choose to use more regularly?
- ✚ How often do I use water as a cleansing or healing agent?
- ✚ How should I tactfully remind others to wash their hands more frequently in order to stop the spread of infections?
- ✚ When is it appropriate to use hydrotherapy? Do I have ice or ice packs in my refrigerator for use on bumps or bruises?

Ron and his family enjoy exercising outdoors. When it is hot and humid, they drink a lot of pop to keep hydrated. Sometimes they complain of headaches and dizziness. What is wrong?

- ❖ How could I encourage them to exercise, but also keep them safe?
- ❖ What are the symptoms of dehydration and heat stroke that I should look for?
- ❖ How often do I think about and thank God for the wonderful gift of sufficient water?
- ❖ Which of the suggested ways to conserve water will I begin implementing?
- ❖ Can I choose to use more plant-based foods that consume less water in production and reduce the amount of contamination of water supplies?
- ❖ Being thirsty reminds us of the greater thirst for the “water of life” that Jesus offers. How can I accept that gift so that I also can be a source of life to those with whom I interact on a daily basis?