

# THE FOUNTAIN OF LIFE

## WATER

1. Reality check - How much water did you drink today? Is it a healthy amount?
2. Consider the health value of combining exercise with drinking water and choosing not to drink pops [sodas], coffee or tea.

### Personal Reflections

1. What steps can you take to ensure that you drink more pure water every day for your health's sake?
2. Evaluate how many extra calories you get a day from liquids which are not water.

**REMEMBER** - *Water is the perfect drink with zero calories.*

How much water should we drink each day? Experts tell us that the urine should be clear at least one time a day. Most of us need five to eight 8-ounce glasses a day. How am I doing? The following is my 2-week record.

### “FOUNTAIN OF LIFE”

A Record of My Water Intake							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
My Goal							
Intake Week One							
Intake Week Two							

After reviewing my water intake record chart, my choice is to \_\_\_\_\_.

### Water - Key to a Healthy Body

All your body functions are dependent on water - ALL! Next to air, water is our most urgent body need. Here are a few ways the body uses water and signals us when there is not enough water for continued and optimal health:

- Water helps soothe breathing problems. Dehydration makes allergy symptoms worse - 94% of asthma patients found relief in drinking large amounts of water at the first sign of breathing problems.
- Drinking water 30 minutes before meals gradually eliminated the need for ulcer medication in 3,000 cases of dyspeptic pain.
- Alternate hot and cold-water packs can fight infection and increase circulation.
- Chronic constipation is relieved with an increase in water intake.
- Low back pain can be a signal that water reserves are low.
- Water is the vehicle for body defences and immunity.
- Moving water in nature will relax your spirit.
- Water promotes healthy digestion.
- Water washes away germs.

**Are You Drinking Enough Water for Full Health?**

## **How Water Can Help Make You Well**

The art of treating health problems with hot and cold water is called Hydrotherapy. In our day of high-tech medical treatment, Hydrotherapy is much neglected. Yet it still remains one of the most effective ways to treat basic body ills. Here are some of its benefits:

1. Ice water immersion is effective as immediate treatment for superficial burns, but not for broken charred skin.
2. A tepid or warm (not hot) bath is sedative inducing sleep.
3. A hot shower, followed by a cold rinse awakens you in the morning.
4. Pool therapy hastens venous return to heart and lymph return flow.
5. Pool exercises build strength and endurance.
6. Alternate hot and cold relieve congestion and pain in sprained ankle or bruise.
7. Congestive headaches are relieved by alternate hot and cold footbaths and a cold cloth to the forehead.
8. Ice cold washcloths on head and under arms help to reduce fever.
9. RX Relax Body of Stress. Try 1 cup Epsom Salt in moderately hot bath water plus a few drops of lavender oil fragrance. Play relaxing music. Light candle -hop in tub – think positive thoughts. Enjoy! Then crawl into bed for good night of rest.

## **For Parents**

What you have learned about the importance of water in family health can be taught to your children. The earlier they learn it, the more likely they will be to follow these health practices as they become adults. It is a matter of a healthy future. Here are some basic suggestions for teaching good water habits:

1. Teach children to wash hands before meals - sickness prevention.
2. Each child has his own small water bottle with lid. Encourage drinking 5 to 6 or more glasses a day. Make a chart of glasses drunk. In hot weather they need more.
3. Drink water - not fizzy pops. Pop, if it has sugar in it, can cause hyperactivity in some children as well as diabetes.
4. Wash hands after going to the bathroom, and when coming home from church.
5. Take swimming lessons and enjoy summer outdoor pools.
6. Read about the storms on the sea in Bible times. Have them tell the story or act it out (Mark 4:36-41).
7. Discuss why one should not be in water when there is a storm.
8. Don't drink water from dirty places. Have family learn how to purify water for drinking.

**We Know You Will Think of Other Creative Ideas!**