

THE BENEFITS OF WATERS

From centuries man uses water for therapeutic purpose. In fact, the bond between water and health is known from the ancient time. The curative ownerships of water had been used by Hippocrates (460-377a.C.), but the therapeutic use of this important element goes up again to an even more distant epoch. It was in fact the king Salomon (1015-977 b.C.), who had his building to build on the shores of the Dead Sea to profit the sea therapeutic power, while Cleopatra (69-30 b.C.) used the water and the mud for the daily cares of beauty. The ancient Romans built establishments of thermal waters wherever they went. In the XIX century, hundreds of European cities became famous for the therapeutic properties of their water or for the particular method of their therapist. And in the XX century, the Victorian ladies immersed themselves in elaborated cabins on wheels.

In short, from Egypt to China, from the ancient Rome to India, water has always been considered vital for health, treatments to external and internal level have been used both to take care of specific disturbs, especially at digestive and muscular level, and as general prophylaxis to prevent diseases.

Submitting to different thermal treatments, man found out little by little that the beneficial effects of water are not only about physical well-being, but that the power levels increased, mind became calm and watchful at the same time and it was easier to fight the stress. These benefits are the result of hydration. It is sufficient to increase the consumption of water to feel better from every point of view.

THE LIQUID OF THE LIFE

Water is essential to live, we can survive weeks without food, but we die in few days if we do not have water.

Majority of people is enough dehydrated to damage their own health. In fact, the dehydration influences both the body and the mind. At 1% of dehydration we start feeling sleepy and yet at 2% our working capabilities start to decrease, at 4% we start feeling sleepy, apathetic and in a bad mood. We are more vulnerable to stress and we accuse a strong sense of nausea. And still... the 20% of dehydration provokes death. Before feeling thirsty, the loss of liquid influences the normal functions of our body in a negative way, making us feeling more susceptible to stress and making lowering our immune defenses. We do not drink enough water, our skin is a very visible guide of dehydration: the scarcity of water can make it dried and cracked and more subjected to wrinkles. Cutaneous problems as eczemas and psoriasis can worsen with a not optimal hydration.

When we do not drink enough water even the urine becomes darker and denser. A non adequate hydration can obstruct the capability of concentration and it can cause a felling of tiredness and apathy. The chronic dehydration worsens and provokes many problems among the many the rheumatoid arthritis and the ulcer.

BENEFITS FOR THE BODY

The beneficial effects of hydration are various: digestive apparatus, intestine, nervous system and the immune one works better, skin becomes softer and smoother, and we fell stronger and more watchful. We just need to drink some more.

There are some organs and systems that suffer much more due to bad hydration: among the many livers and kidneys.

The liver is with no doubt the most active organ in our body for detoxification. It neutralizes alcohol, caffeine, bad food, additives, medicines and whatever we eat every day, making them harmless for the body and put them in circle for the next elimination. If too many toxins are consumed, the liver is forced to an additional work while the substances of differences accumulate in our body. The liver becomes slower and

less efficient, toxins are not immediately eliminated and the body is subjected to a series of problems that goes from the jaundice to the headache.

The kidneys provide to depurate blood and eliminate the toxins through the urine. A changing of smell and color of urine often shows a problem at kidney's level. If they are forced to a hard work to eliminate excessive quantities of toxins, kidneys soon or later start to work bad and provoke many problems as bladder or renal calculus.

Drinking a lot contributes, instead, to restore the normal functions of these organs. Water promotes the eliminations of the substances of difference, "cleaning" the organs that, consequently, work better. Beside, a correct lymphatic circulation stands for a healthy body, and in order to stimulate it is extremely important to drink a sufficient amount of water. Briefly, the best thing we can do to maintain ourselves healthy and in a good shape... is drinking.

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