

Why is Water So Important?

Air, Water and Nutrients are the foundation of life. Today our supply of these necessary life giving nutrients are becoming more and more polluted.

The Heart

The Heart is 79% Water



Clean water is essential for a healthy body. Water acts as a catalyst for almost all functions in the body, as well as a cleansing agent to remove toxic waste. Water is also the main constituent of Blood. Without blood there would be no nutrients delivered into the cells and organs of the body including the Heart.

The Brain is 75% Water

The Brain

The Brain is another organ that is positively affected by pure, untainted water. In fact without sufficient water the Brain begins to hallucinate. The brain is linked to all functions of the human body, therefore without optimal quantities of water we can't maintain a healthy Brain.



Muscles

The Muscles are 75% Water



“Muscles Love Water” or so Texas State Body Building Champion Louie Magnone explains. Water is crucial for the optimal health of Muscles. Without sufficient water the muscles are more likely to spasm and cramp which can cause pain. Water is necessary to cleanse the whole body and obviously this includes the muscles.

The Blood is 83% Water

Blood

“For the life of the flesh is in the blood” states Leviticus 17:11. Although not a scientific or medical journal, this statement aptly describes the truth about our blood. Without healthy blood our life cannot be sustained. Water is the primary component of blood, it helps regulate our body temperature and our metabolism, it also increases energy production. When our body is dehydrated we become sluggish and every part of our body suffers. Overall our body is about 73%-75% water, and as outlined here our blood is about 83% water. Water is one of the most important components in our body. More and more people are beginning to realize the importance of good hydration, Perfect H₂O is the optimal solution to solve this problem.



Water What It Does For the Body

Consider the amazing qualities of water. It is the foundation of all life on earth. Whether in the oceans or on land, life is dependent on water.

For life and health, water is key to many body functions which include digestion, circulation, the absorption of nutrients, and elimination of wastes and toxins from the body. It is crucial for temperature control in the body, and it is also vital for our metabolism. No other nutrient is of such importance to life and maintaining the health of the human organism.

The reason for this, is the composition of the human body is at least 70% water. Water is second, as the most necessary component for life. Oxygen, water then nutrients. It is no wonder that clean water has a phenomenal impact on our life and body functions.

Water also carries electrolytes necessary for electrical functions to occur in the body (sodium, potassium, chloride, and bicarbonate).

Considering its many roles in the body, it is understandable why we feel tired when dehydrated! Thus water is a key to maintaining optimal energy levels even though it does not directly make energy.

Because the volume of our blood is also vital, we can understand that water is a natural blood thinner since it makes up the majority of our blood. In fact, water is the key constituent to over 90% of our plasma (the fluid component) of the blood which, in turn, comprises over 50% of total blood volume. When your body is not hydrated properly with pure water, the blood viscosity changes and the blood becomes less fluid and more dense, this harmful reduction of fluid and decreased viscosity can lead to several health problems.

Continual or frequent dehydration increases the risk of high blood pressure, poor absorption of nutrients, lack of energy, cramps, blood clots and many other health related problems. In fact, other than oxygen, no other nutrient affects so many different parts of the body on a moment to moment basis.

Many people think that drinking soft drinks, coffee, and other beverages is sufficient to supply the body with water that it so vitally needs, but this is not true, in fact most of these not only fail to hydrate the body, they in fact Dehydrate the body. Some people believe that drinking water is a waste of time, but tell that to people around the world who don't have an adequate supply of fresh, clean water, they would strongly disagree.

Without this vital nutrient, we damage our health and shorten our lives. It is one of the easiest things to do for our health and life, yet unfortunately one of the most often neglected.

What Science Has Proved About Optimal Hydration

- * Protects the Heart
- * Increased Brain Functionality
- * Hydration of Muscle Tissue
- * Cellular Energy Production
- * Helps Reduce Body Fat
- * Increased Immune Response
- * Improves Overall Body Health
- * Improves Blood Composition
- * Better Health and Well Being

We Encourage You Try Perfect H₂O The Source of Perfect Hydration

Reference Material:

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Alkaline Water The Key to a Healthy Life

Alkalized water is the water that our bodies need. Why can we confidently make this statement. First, all large natural bodies of water are Alkaline; the oceans, the great lakes around the world, and the water that flows through streams and rivers, this is because God made the earth's water cycle to produce alkaline water, it is what he designed the human body to use.

Second, our body composition which is approximately 70% water is supposed to be alkaline, our blood most closely resembles Sea Water. This along with the fact that we are born alkaline shows we are supposed to maintain this alkaline balance.

Third, Modern Science and Medicine recognize that most (80+%) of acquired diseases ie; Cancer, Heart Disease, Diabetes just to name a few, are because of hyper acidity and inflammation in the body. When we are born we are alkaline and usually through out our lives that changes and we die acidic.

Fourth, The majority of manufactured waters, bottled and treated, are acidic.

These facts lead to the inescapable conclusion that we need alkaline water. There are still some natural alkaline water sources in the world, but due to the pollution of our fresh water, they are becoming more unhealthy to drink.

Many companies claim they make healthy water, this is a great marketing program but scientifically this statement is false most of the time. If you test most water it is acidic and unhealthy.

That is why our company is providing water for the world that we can confidently say is "Water the Way God Intended". Pure and clean! Purified with a proprietary process and then infused with the right mineral content for a stabilized and excellent pH. To help the body in it's fight to restore the balance that is becoming more and more difficult to achieve.

We the doctors at Perfect Health for Life, encourage you to eat a more fiber rich, healthier green pH diet and drink one of the healthiest, best tasting waters you will ever find.

PERFECT H₂O "WATER THE WAY GOD INTENDED"

*The following statements have not been approved by the FDA
or are they intended to diagnose or treat any illness*

HOW MUCH WATER IS OPTIMAL

There is much debate in the medical field about the amount of water that each person requires. As we read the information about the bodies need for water we can logically assume that water is not only necessary for good health, but we need higher levels than most people believe.

We at Perfect Health for Life, with our team of expert doctors on health and nutrition believe that every person needs at least between 2-4 quarts of Alkaline water daily according to body weight for optimal health.

We also encourage people to add to this amount according to activity levels.

Weight: We believe that for every person to maintain an adequate hydration level, we need approximately 1/2 oz of water per pound of body weight.

Example: Weight

120 lbs = 60 oz

150 lbs = 75 oz

Example: Activity Levels

Construction and other outdoor professions:

2-3 times body weight level

Office Work:

1-2 times body weight level

These are just suggestions to help guide you to the optimum amounts to stay properly Hydrated and Healthy.

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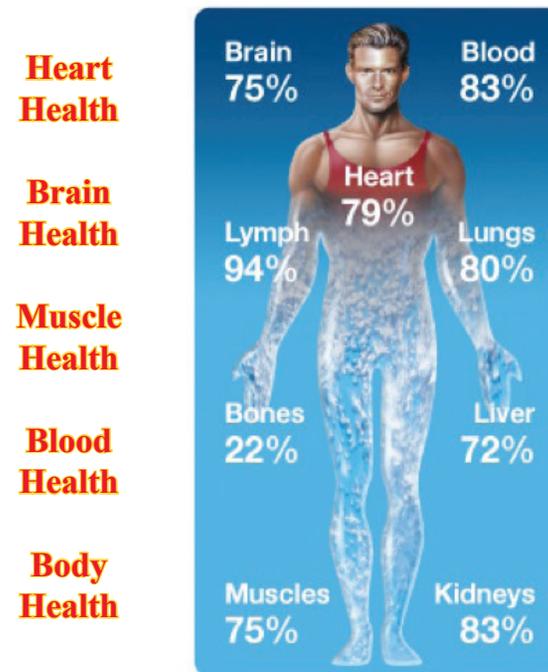
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RESTORE WHAT HAS BEEN LOST
THE VITALITY OF YOUTH

PERFECT HEALTH FOR LIFE



9.5 pH

Alkalized
Water