

## HEALTH PEARL # 138

An ***overlooked, underrated*** and ***misunderstood*** element to better health is the daily consumption of 64 ounces of just, clean water.

Benefits include:

- lubricating the skin
- flushing toxins out of the digestive system
- avoid heartburn
- help against certain head-aches
- help against Alzheimer's, A.D.D. and memory problems

About 75% of our body and brain consist of water. Because of our daily activities, ...PLUS... perspiring while we sleep, we lose minerals and water. Over time, often decades, our bodies start to dry up. Dry and wrinkled skin is often an indication, that organs on the inside are drying-up also. Organs and tissues, that become dry, have a greater chance to become acidic and therefore inflamed. Drinking plenty of water will give your body the tool to keep the systems more alkaline and fight inflammation.

Drinking a glass of water, about 10-15 minutes BEFORE you eat, **not** DURING a meal, is GREAT!