

Worn Out Woman: Small Steps for Physical Health Drink More Water

The bigger picture toward optimal physical health is so huge, we frequently get overwhelmed by its enormity and choose to either do nothing at all, or strive hard for a few short weeks and then give up in frustration. I can never eliminate all Dr. Peppers forever, but I can choose not to drink one today. I can decide to reserve them for special occasions only like vacations or holidays.

God's Girls watched a short, ten minute segment video recording from Bethel Church in Redding, California about the Pillars of Good Health. Beni Johnson spoke about drinking more water. She said if we remove water from a plum, we get a prune. If we remove water from our skin, we get wrinkles. The optimum daily water intake is half your body weight of water in ounces per day. Dehydration mimics many diseases or problematic symptoms such as back pain, depression, ADD, memory loss, MS, Parkinson's Disease, Lou Garrets, aging, wrinkling, etc. When we drink water we are watering our organs. The brain gets watered. The heart gets watered....

There are different types of water and different opinions to the healthiest kind (Tap, filtered, bottled, distilled, alkalized, reverse osmosis etc.). Do your research and decide for yourself. But be aware that there are thousands of chemicals in tap water. Toxins such as fluoride and ammonia and chlorine are added to our tap water on purpose to kill bacteria and parasites (but many of them live through the exposure anyhow). Drugs, chemicals from personal care products, farm chemical run off and heavy metals are in our water supply. You will want to at least filter these out before drinking or showering in it. A Brita or Pur filter is better than tap. Some bottled water is good, some not so good. Choose bottled water that was bottled at the source, mineral or spring is good, with low sodium. There are alkalized water machines that help bring your body's pH balance to more neutral level (neither too acidic or too alkaline). Do your research to decide which water is best for you.

Many people are acidic and suffer from inflammation because of dehydration and eating processed foods and too much protein. Drink more water and eat more fruits and vegetables to balance your pH. Test urine, blood or saliva with test strips. (Your Health Your Choice is a good book about pH and how to test it, read the results and how to alkalize an overly acidic body)

Small steps are necessary to make lasting strides toward change. Our small step, physical health challenge this week is to: **Drink more water.**

TIP: Sip water throughout the day to bathe your organs and cells in water. Drink no more than four ounces at one time so your body will be able to use it on a cellular level instead of eliminating it right away.

c. *Gods Girls Ministry* April 5, 2010 www.GodsGirlsMinistry.com Used with permission