



# Chiropractic Newsletter

## Your Amazing Body

### “I Couldn’t Drink Another Thing!”

While health experts do not all agree on the exact amount, many recommend that people drink half their weight in ounces (oz.) of water every day!!! That’s a lot of water!! For the average 200 pound man that’s 100 ounces of water!! If you do the math (hint: there are 8 oz. in a cup), that’s 12.5 cups of water a day!!

If you’re thinking, “Yeah, but I’m a kid,” you should know that the recommendations for kids are also pretty high. In general, it is suggested that toddlers drink 2 to 4 cups of water per day (16-32 oz.); 4-8 years old, 5 cups (40 oz.); 9-13 years old, 7-8 cups (56-64 oz.); and 14 and up 8-11 cups (64-88 oz.) PER DAY, every day!! That’s why your folks are always pushing you to drink water. But why do we need so much water? Where does all that water go!?! Well the quick answer to that might be found in your bathroom. Lol. But before you go there that water is put to AMAZING use by your body!!

About 60% of your body is made up of water. That’s right, more than HALF of you IS water!!! And not only are you mostly water but your body requires water for many body functions. In fact to function properly, ALL of your organs as well as your 27 trillion cells NEED water! What follows is a list of some of the many things your AMAZING body can and will do with all that water if you drink it!

- Your body uses water to dissolve many minerals and nutrients to make them available for your body to use.
- Your kidneys use water to regulate fluid in your body and without sufficient water they

cannot work as they should.

- Your body uses water for your joint tissue, called cartilage, for lubrication which allows for flexibility and shock absorption.
- Drinking water keeps your mouth clean and helps form saliva and mucus. Saliva is important for the digestion of food. Water also keeps our mouth, nose, and eyes moist.
- Your blood is about 90% water and to flow smoothly and carry vital oxygen to all parts of the body it needs plenty of water.
- Your body uses water to keep your skin plump and healthy.
- Your body uses water to regulate body temperature. Water that is stored in the layers of your skin comes to the surface to cool you off when your body heats up. You know this as sweat.
- Your body uses water to help maintain proper blood pressure. Less water in your blood makes it thicker which makes it more challenging to move through your body increasing the pressure.
- Your airways need water to stay open and pliable.

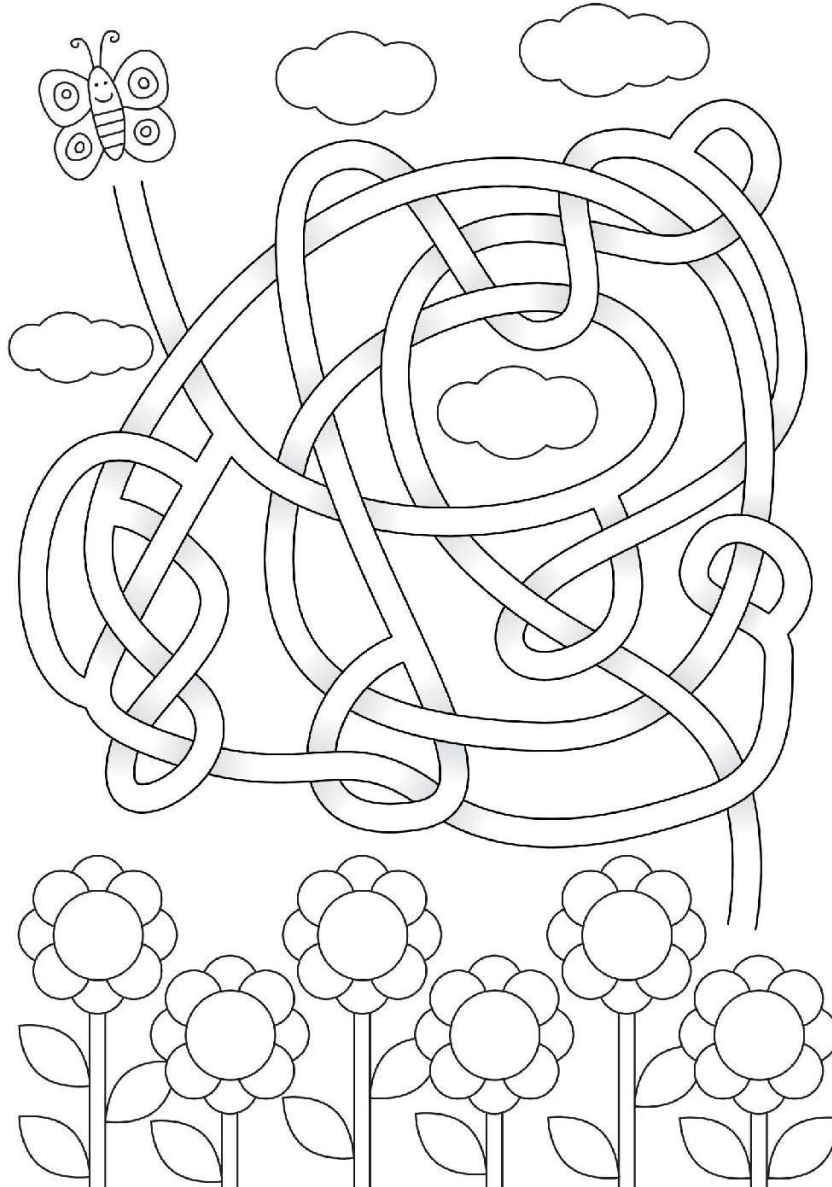
That’s a LOT and that’s not even everything!! Your AMAZING body also uses water to cushion the brain, spinal cord, and other sensitive tissues. And we all know how important your nerve system is!!! Your nerve system controls every other system in your body.

That’s also why it’s so important to ensure that

there is no distortion to your nerve system caused by vertebral subluxation. Your family chiropractor can help you with that. He or she will check your spine to make sure none of the individual spinal bones are altering the function of your nerve system.

Then your AMAZING body can keep doing all the incredible things it does with water and with everything else!

—By Judy Nutz Campanale, DC, ACP



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