



Staying in Touch[®]



Hello —

As the year moves forward and the weather starts to turn warmer, it's a good time to take a look at your regular water intake. Therapists are always telling their clients to drink plenty of water after a massage to help move toxins out of your body. Some believe that making sure you drink enough water is one of the most important steps you can take to improve your overall health. Read the main article to learn more on this subject.

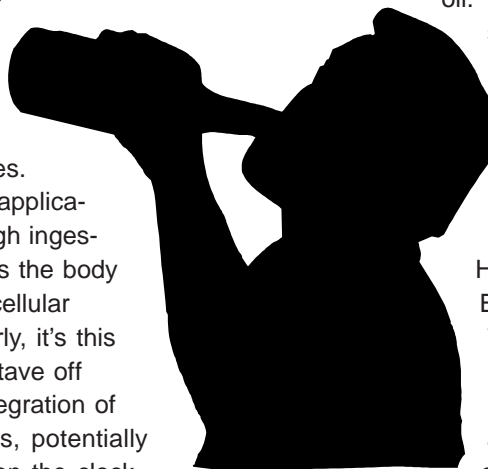
Of course, getting massages is another great way to contribute to better health. When you commit to a regular schedule, you can get more from each massage session. When you wait until you feel the need for a massage, many of the gains you made in your last session will have diminished. It's a perfect example of "two steps forward, one step back." And since a full-body massage contributes to better functioning for virtually all your body's systems, you stand a much better chance of keeping yourself healthier when you stick to a consistent schedule.

Do you have any questions about your health and how massage can help you? If so, please ask at your next appointment. Until then, take good care of yourself ... and drink plenty of pure water!

Can drinking water keep you younger?

The subject of water consumption for improving health is a popular topic in the media. A recent article in *Massage & Bodywork* magazine offered some valuable ideas on the subject. Here are some highlights from "**Water — The Elderly's Best Medicine,**" by Karrie Osborn.

"Water is the time-borne tonic designed to nurture, heal, strengthen, and replenish our bodies. ... It's the internal application of water through ingestion that invigorates the body at its most basic cellular level. For the elderly, it's this process that can stave off disease and disintegration of the body's systems, potentially adding time back on the clock.



"The human body is primarily a vessel of water — more than 60 percent of total body weight for young adults, 50 percent for the elderly. Everything about us relies on water. The magnificent processes of the brain are fueled by its 85 percent water content. The lungs couldn't properly respire without their 90 percent water content. ... In fact, all our systems and tissues are reliant on the life-giving properties of water.

"No life processes are possible without water,' says Majid Ali, M.D., author of *Integrative Nutritional Medicine*. 'All cells contain microchannels of water that make possible the traffic of materials and information among cells. In brain cells, water is essential for nerve impulses to be generated and transmitted. In heart muscles, it makes it possible for them to contract — and so let the heart beat. In the bowel, water allows digestive and absorp-

tive functions. In liver cells, it catalyzes all detoxification processes. In the kidneys, it carries toxins into the urine. In the cartilage, it protects the ends of bones in a joint — and so prevents arthritis.'

"Many have paralleled the human need for water to the automobile engine's need for oil. 'Denying yourself optimal supplies of water accelerates the aging of the body just as failing to replenish and change oil regularly accelerates the aging of an automobile engine,' write William Holloway and Herb Joiner-Bey in their book, *Water: The Foundation of Youth, Health, and Beauty*. 'Negligence leads to unpleasant and untimely long-term consequences.'

"When things are working as they should, 'adequate water supplies within the cell ensure such vital processes as efficient functioning of DNA and messenger RNA, as well as the maintenance of the form and functions of structural proteins and enzymes,' Holloway and Joiner-Bey write.

"Water is so important to our bodies, that while we can go weeks without food, it takes only a few days without water before we die from dehydration. Maintaining a balance between what we take in and what we put out is key. But that's often easier said than done, as up to 12 cups of water is lost each day through perspiration, tears, urine, respiratory exhalation, and other avenues, even without heat or exercise thrown into the mix. Replenishing that fluid is critical to maintaining balance in the body. And therein lies the problem, especially for seniors.

(See **Drinking water ...** on back page)

Drinking water ...

(Continued from front page)

“As we age, the body’s reliance on water becomes increasingly important for overall health. Yet, just at that point in life when we need the nurturing effects of water most ... our thirst sensation becomes impaired or slow to respond with age, sometimes failing to trigger a reaction even at the most critical stages of dehydration. ...

“Unfortunately, when water deficits do occur in an older body, the effects are more long-term; some even irreversible.

“ ‘In its struggle for survival, the body is designed to change metabolic processes to compensate for deficits in nutritional intake,’ Holloway and Joiner-Bey write. ‘If we fail to eat healthy foods and drink adequate amounts of pure water, the body will compensate to the best of its ability in order to survive. That means without the right amounts of nutrients, the body will redirect resources away from their job of maintaining youth and vigor.

“ ‘These resources are shifted away from mechanisms that increase longevity, toward those that increase the odds for short-term survival. As a result, free radical damage proliferates, cell and tissue structure is compro-

mised and not as well maintained, metabolic residues and debris accumulate more rapidly within cells, and the process of aging accelerates.’ ...

“[I]n emergency rooms around the country, dehydration is one of the most frequent causes of hospitalization for people over 65, costing the Medicare system an estimated \$450 million annually. ...

“According to Dr. Ali, water is the ‘simplest, safest, cheapest and single most effective therapy for preserving ... homeostasis.’ Primarily, he says, the difference between a young cell and an aged cell is that the aged cell is dehydrated and shrunken. Water is the key.

“What we do know today is that there’s really no way around the fact that adequate water intake is imperative for good health. ‘Optimal cell function demands optimal cell hydration,’ write Holloway and Joiner-Bey. ‘As the most abundant constituent of life on all levels, water is an intimate partner and participant in every biochemical reaction that occurs within every cell and tissue. We dare not neglect a substance that is so critical to our well-being.’ ” (Massage & Bodywork Oct/Nov ‘05)

Make a point of drinking plenty of pure water every day for the next several weeks. See for yourself what effect it has on your overall health. Your body will thank you!

Tell a friend or loved one why you love massage. Your referrals are always appreciated!

Of all the self-fulfilling prophecies in our culture, the assumption that aging means decline and poor health is probably the deadliest.

— Marilyn Ferguson

The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.

