

The Healing Power Hidden Inside an Abundance of Clean Drinking Water

Most people know they'll quickly die if they go without water for just a short time. But, few people realize just how important getting enough clean water is to thriving on a daily basis – with more energy and improved health for a more enjoyable day.

You see, you're constantly losing water every time you use the restroom and when your body sweats (most of the time you aren't even aware of it).

This means your body needs a lot of it to keep on functioning at top speed. Most people get far less than they should. This then causes your body to slow down (so you have less energy, a weaker immune system, and your metabolism dramatically declines).

Let's talk about all that water does for your body:

- **It cleanses your inner body** of waste produced from your natural metabolic processes. You really don't want toxic substances get stuck in cells, organs and tissues to threatening your organism's ability to function fully. Drinking plenty of water is a key to getting your body into balance more quickly and feeling better within days.
- **Water carries vital nutrients** and blood cells around our body to rebuild and repair damaged cells. Equally important, it supports the free movement of biochemical messengers like hormones and protein to coordinate your body's actions and reactions more perfectly. It allows you to think more clearly, feel and look better with proper hydration.
- **Water flushes your lymphatic system to strengthen your immune system** to eliminate unhealthy substances from your body. Too much toxic buildup in your organs and tissues is a surefire way to waste tons of life-serving energy and make your body feel sluggish and tired. Speed up your healing with a strong immune system and feel better much quicker and full of energy when you need it.
- Drinking plenty of water also promotes and helps with **lubrication** of a regular and daily **waste removal process** from your colon. This is important because the water is absorbed by fiber (from fiber-rich fruits and vegetables) to make the waste substances in your colon bulky.

This then results in scrubbing type movement to remove harmful toxins from your digestive tract. It provides a first line of defense to protect your bloodstream from getting polluted. This is one of the best ways to avoid allergic reactions and other unpleasant symptoms.

Another key point about water is that most people find it natural to take one or more bath every day to clean the outside of their body. But, they don't pay much attention to keeping the inside of the body.

By drinking enough clean water you help keep your inner environment clean (which keeps your heart health and reduce your risk of cancer. And, you'll also find drinking plenty of clean water

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every day (6-10 8 oz. glasses) kicks your metabolism into high gear to burn calories efficiently and lose more unwanted fat deposits.

But, what about drinking other liquids such as, soft drinks, coffee, or sugary drinks?

It's true you can use any liquid to replenish lost volume of water in your body.

But, imagine your body's inner environment as a fish bowl. Pretend just one of your body cells is a precious fish. Let me ask you: "Would you ever consider putting large amounts of these other liquids in the fish bowl?"

Of course not. Overtime adding these liquids would kill the fish off.

Now, let's just take one example what most people, and especially kids, put into their body. On average, Americans consume at least two cans of **soft drinks** every day.

But, are you aware you're consuming the equivalent of **21 teaspoons of sugar** (82 grams or 246 calories) or loads of artificial sweeteners (countless studies question their safety for human consumption) when you do this?

If your body doesn't need this energy (246 extra calories) right then, it will turn these calories into fat deposits. What's more, it can lead to insulin resistance and set the stage for obesity, diabetes and other diseases.

How does that compare to drinking water? Clean **water has zero calories** and helps clean your inner environment rather than pollute it over time. Additionally, you pay 300% more for soft drinks compared to the best tasting distilled and oxygen-enriched water.

Another great way you can get water is from eating fruits and leafy green vegetables. Also, teas, without added sugars, and healthful soups with limited amounts of salts are other great sources.

The bottom line is... drinking plenty of clean water is one of the most important secrets to bringing your body into balance. It's a key ingredient to awaken your body's natural ability to heal.