

## **Lift Your Glass to H<sub>2</sub>O**

Water is a secret weapon in the prevention of many health problems. Few of us appreciate the importance of water to our health. Research shows that dehydration plays a major role in many serious illnesses like high blood pressure, asthma, stomach ulcers, back pain and even arthritis.

As we age, our sense of thirst diminishes even though our requirements remain the same. The body needs water to flush the kidneys, bladder, and colon. When it doesn't get enough water, it will retain it, causing bloating and discomfort in the joints.

The recommendation is to drink two quarts of water daily. This does not include juice, coffee, or milk. Drinking water during vigorous exercise will prevent soreness and rapidly move waste material.

Massage therapists have long recommended drinking lots of water, particularly after a massage. This helps to re-hydrate tissues and carry away waste materials.