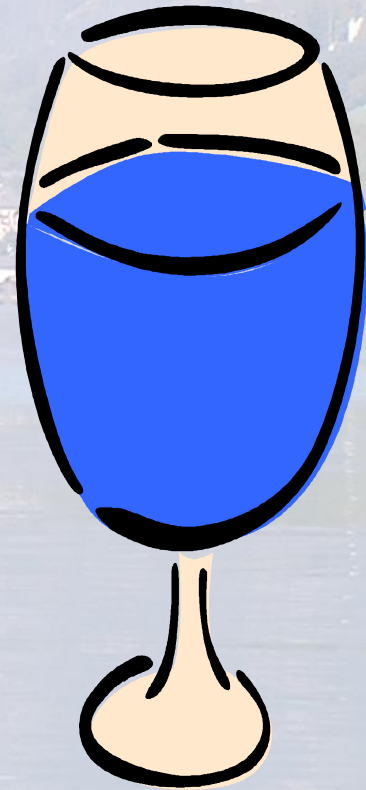


# Facts about Water

- ✿ The body is 75% water, the brain 85%: the human water-table needs replenishment; body cells act like sponges, they can dry out; rehydration takes time
- ✿ Electrical energy in the brain is the result of water splitting into its component parts; dehydration lowers brain energy leading to stress & depression.
- ✿ When it senses dehydration the brain, the part of the body that can least manage without water, takes from other parts of the body resulting in pain and discomfort elsewhere. Headaches and migraine are indications that trouble is brewing.
- ✿ Indigestion often results from lack of water; without it excess acid remains in the stomach; water sustains acid/alkaline balance
- ✿ When we lose the habit of drinking water, we also lose the ability to recognise thirst signals, often mistaking them for hunger pangs.
- ✿ Other things that contribute to dehydration: central heating, air-conditioning, working at a computer, smoking & smoky atmospheres, sweating, crying.



Another  
Journey  
Begins