



EssiacSales.eu.com

The Essiac Tea Company - On-line Organic Supplier

Healing Herbs for your Immune System

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WATER – DRINK IT, YOUR BODY NEEDS IT

Up to 75% of the human body is water. It is the liquid portion of the blood and the fluid found both inside and outside cells. Water is required for the distribution of nutrients, electrolytes and other chemical messengers throughout the body, and for the removal of waste products from cells. Water is involved in the maintenance of body temperature. It is an important component of skin, cartilage and tissues. A precarious balance exists between fluid intake and output.

You get water from three sources: drink (60%), food (30%) and metabolism (10%). At the same time you constantly lose water. A person in a temperate climate loses about two litres of fluid per day. That amount can jump to four to six litres in hot or humid weather and up to six litres PER HOUR during physical activity. Your body's water balance is very fragile and dehydration can quickly set in and take its toll.

Extreme hydration is recognized by most health professionals, but subtle water losses are often overlooked. A study in the New England Journal of Medicine, 6th May, 1999 stated that, on 48,000 males analysed, men with the highest fluid intake had half the bladder cancer risk of those with the lowest intake. Lack of water contributes to joint pain, asthma, angina, constipation, and general poisoning of your system. This can also be expressed in impure skin, tiredness, feeling faint, and low in energy.

The long term damage of lacking water in the system can be devastating. When it is dehydrated your body is forced to get by on reduced fluid volume and to compensate for this it closes down capillaries, usually those near the skin. The brain and other vital organs receive enough fluid, but tissues become starved of nutrients and bogged down with cellular waste.

Most people believe they drink enough water. But they count coffee, tea and soft drinks like coke! These caffeine drinks actually increase your water requirements. This is due to the fact that they are recognised by the body as toxins and therefore needs to be cleaned out. This puts further strain on the water supplies and can contribute to dehydration. We all need to drink at least 2 litres of water a day, this is just what the kidneys need to function well and help to sustain optimal health.

Water intake – Drink Plenty – 2 litres a day

It is paramount to drink plenty of water when taking the Essiac tea. Not only does your body need 2 litres of water a day for normal kidney function to be maintained, but when you are going through a detox for whatever reason you will need more water. And if you are on regular medication it is even more important to drink the water. It is vitally important to flush the system as thoroughly as possible, and this should continue when you begin to get better.

Liquid medically speaking is water, not tea, coffee, fizzy drinks, or anything like that – just plain water. However, you can drink it at any temperature you like, it does not have to be cold. If you feel like a hot drink try putting a slice of lemon in a mug of hot water, stir it well and sip it slowly. It really does taste nice, and you might find that you prefer this to all the cups of tea and coffee we are wont to consume.