

EXCHANGING YOUR BODY WATER

In case you haven't heard, getting enough water in our diet is kind of a big deal. This wondrous planet we call Mother Earth is colored by, and bathed in, water. If you look down at our planet from outer space, most of what you see is water; 71% of the planet's surface is covered by ocean and it is because of this that the Earth is sometimes called "the water planet".

Like planet earth, we are also comprised mostly of water. Did you know that on average, water makes up 60 - 70% of body weight, 70-75% of our muscle cells, 75% of our brain, 86% of our lungs, 85% of our liver, 83% of our kidneys, 83% of our blood, and 22% of our bones. In the same way, that water is the key to all living life on earth, it is also the key to optimal health. Water and most importantly, hydration of our cells, is the simplest and most dramatic way we can affect our overall health.

Enhance Water For Enhanced Hydration

It doesn't matter how much water you drink, it is how much water your cells absorb that matters. The pathways that lead to your cells and allow water into the cells are mineral and nutrient based. The water you drink should be enhanced with plant-based vitamins, water-soluble ionic minerals, micro-nutrients, phyto-nutrients, chlorophyll, and enhanced to increase alkalinity for optimal absorption. By simply exchanging our body water with water that is enhanced we can assist the body with an increase in overall health and well-being.

How Much Should You Drink?

It's estimated that as high as 80% of all people are dehydrated, resulting in devastation to their health!

Assist the Body With Detoxing & Overall Optimal Health



Drinking half your body weight, daily, over a period of 30 days is a good formula for exchanging your body water on a regular monthly schedule.

For example, for every 50 pounds of body weight you would drink 3 cups (8 ounce) of enhanced water.

Assist the Body With Weight Loss & Diagnosis



Drinking half your body weight, daily, over a period of 10 days is a good formula for exchanging your body water for weight loss and in the event of a diagnosis.

For example, for every 50 pounds of body weight you would drink 9 cups (8 ounce) of enhanced water.

What Should You Drink?

Hydration means healthy water needs to be the carrier of nutrition and healing. Our cells know the imposters!

| GOOD | BETTER | BEST |
|--|---|--|
| <ul style="list-style-type: none">Water with bioMinerals & fresh lemongoDésana Organics Herbal Teas | <ul style="list-style-type: none">Water with bioMinerals, Clay Vitality Detox Powder & fresh lemongoDésana Organics Herbal Teas with bioMinerals | <ul style="list-style-type: none">Water with bioMinerals, Clay Vitality Detox Powder, Green Vitality & fresh lemongoDésana Organics Herbal Teas with bioMinerals & Green Vitality |

How Should You Drink?

Smaller amounts more frequently are the preferred method for optimal hydration. Sip, sip, sip, and use a straw when you can; your body can better receive hydration when you provide smaller amounts more frequently. Keep in mind that when you drink acidic drinks like soda and coffee it requires 20 cups of healthy, nutritious water to diffuse 1 cup of the acidic beverage.

What Does Water Do For You?

