

## **Reducing Your Toxic Burden**

By Dr. Carol Ann Fischer, BS, DC, ND

Without water, the human body will survive only ten days. Water, not water based beverages, make up 75% of the body, 90% of the blood, and 85% of the brain. The rule for water consumption is to drink one-half your body weight in ounces. Failure to drink sufficient water causes signs of dehydration that most people have learned to ignore.

If you have any of these symptoms: fatigue, constipation, digestive disorders, high or low blood pressure, gastritis or stomach trouble, respiratory trouble, acid-alkaline imbalance, excess weight and obesity, eczema, cholesterol issues, urinary infections, rheumatism, and premature aging, you may need to drink more water.

Chronic dehydration has been masked by food or with drugs. Some symptoms and their common remedies are: Peptic Ulcer - Antacids; Craving Sweets – Sugar; Depression - Anti-depressant drugs; Allergies – Antihistamines. Dry mouth is a late sign of thirst for water on a cellular level. Saliva is produced even in chronic dehydration with a dry mouth, because it is a digestive enzyme.

Drinking clean water is essential to good health. Bottled water is often tap water that has been filtered and sold to the consumer. It is not cleaner or cheaper than tap. FDA purity requirements for city water systems are more stringent than for bottled water companies.

Plastic bottles are a poor use of resources. Each year the plastic bottles made from petroleum could fuel 1 million cars. Heat causes plastic toxins to leach into bottled water. Over 24,000 toxins have been found in bottled waters. The wasted plastic bottles fill our landfills and will take 600 years to break down.

Tap water is the least expensive source of water, but is also contaminated with drug, chemical and metal residues. Some home filtration systems remove the good minerals from the water, but miss the toxins. Other systems cleanse the water of all impurities and minerals, including the essential healthy minerals.

Look for good water filtration systems that have been awarded a Gold Seal by the Water Quality Association. The WQA is one of the oldest and most prestigious international not-for profit trade organizations in the world.

Drink more healthy water to cleanse your body of toxins. Bath in filtered water that removes chlorine and other contaminants. Cleansing your body inside and out with water can reduce your toxic burden and improve your health.