

# Water Can Cause Stress

The hormones of the body influence overall health and function. The adrenal glands are the main glands responsible for the ability of the body to handle stress. These glands are located on top of each kidney. The stress response occurs in order to prepare the body for the “fight or flight” reaction.

The hydration status of the body influences the stress response of the adrenals. It is estimated that 75% of most Americans are dehydrated. Interestingly, the same percentage is used to estimate the number of people suffering from adrenal overload, where the adrenals are coping with prolonged, ongoing stress.

There are many symptoms that indicate a dehydrated, stressed body.

- Fatigue occurs when the body is dehydrated because the enzymatic activity in the body slows down and cannot generate energy.

- Constipation occurs as the colon pulls as much water as possible from the waste to keep the body hydrated.

- Weight gain occurs when the body is dehydrated. At 2% dehydration the body becomes acidic. When the body is too acidic it goes into fat storage mode. Even exercising for an hour without sufficient water intake can cause the 2% dehydration state to occur.

- Increasing blood pressure occurs when the body is dehydrated as the blood thickens.

- Dry skin and wrinkles occur with dehydration since the ability of the skin to eliminate waste is reduced.

- Toxins are concentrated in the liver, kidney, and bladder when there is insufficient water, causing additional stress on these organs.

- Water is needed to hydrate the joints of the body, which are mostly water.

- Free radicals damage the inside of the body causing inflammation and cell destruction. Dehydration causes increased stress on the body, accelerating



aging by the formation of free radicals.

- Difficulty sleeping occurs when there is pain and inflammation from free radicals. Sleep is not restful for a body under stress, resulting in morning fatigue and the desire for stimulants.

- A craving for sweets is an indication of dehydration, but most people consume sugar not water.

- Allergies and depression can also be indicators of dehydration, yet most people take medications for these conditions.

- Stomach distress can be an indicator of water deficiency, yet people have been conditioned to take antacids.

Each body part or bodily fluid has different

amounts of water. The brain is 80% water, while the blood is 95%, and the muscles are 75% water. The bone contains only 13% water, whereas the kidney is 82% water. The fluids around the joints are also mostly water. As water moves between the inside and outside of the cells in the body it generates energy.

Water is essential for the healthy function of all cells and organ systems in the body. The body is composed of as much as 75% water. Every cell in the body is surrounded by water.



When there is insufficient water the body becomes stressed, releasing stress-handling hormones.

Alternative health care physicians have used changes in postural blood pressure for decades to evaluate the ability of the body to adapt to stress. Blood pressure should rise when the posture changes from lying down to either a sitting or standing position. Most people tested are in a poor adaptive state, where their blood pressure drops. A drop in blood pressure indicates overstressed adrenals.

People today are stressed for many reasons besides dehydration. The brain reacts to stress the same way, regardless of the type of stress that the body is exposed to. Besides emotional and mental stress, the other types of stress that effect the body include chemical toxicity, heavy metal overload, immune challenges, hidden food allergies, and physical trauma/scar tissue.



Regardless of the type of stress, there are simple ways to evaluate the body to determine the type of stress. Dehydration levels can be determined by skin evaluation. Body sensitivity to foods can be measured by pulse readings taken before and after eating. Immune compromise and metal and chemical toxicity can be evaluated through a thorough history, and evaluation of the skin color, texture, and tender body reflex points.

Physical indicators of a body that is stressed are a hunched posture, where the head is forward, the shoulders are rounded, and there are tight/tender muscles. There is often intense pain in the middle of the back. Dizziness and light-headedness can also occur when getting up too quickly.

Commonly massage and chiropractic provide relief when

the body is stressed. However, unless the cause of the stress is identified and resolved, the stress continues and the physical indicators remain unchanged. Drink between two and three liters of clean, filtered water daily to start reducing stress. Look into the reasons why the adrenals are overworked and stressed out, so that they can be repaired naturally.

### Dr. Carol Ann Fischer

Dr. Carol Ann Fischer, D.C., N.D. owns TLC Holistic Wellness in Livonia. She is a practicing chiropractor, naturopath-wellness consultant, who for 25 years has also provided holistic and nutritional recommendations using water & whole food supplements. Visit [www.TLCHolisticWellness.com](http://www.TLCHolisticWellness.com) for more information and free public workshop dates, or call (734) 664-0339.



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