

The most important nutrient for the body

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The most important nutrient for the human body is water. An average person can live for about forty to forty-five days without food but only three to five days without water. Approximately two-thirds of a person's body weight is water--our blood is 82 percent water and both our brain and muscles, are 75 percent water. The major ingredient of all fluids in the body is water, including saliva, gastric juice, bile, pancreatic juices, and intestinal secretions. Water is necessary for practically every bodily function. It helps carry essential nutrients to all our cells, aids in circulation and digestion, and helps carry away the metabolic waste products, such as lactic acid, urea, uric acid, and ammonia.

The average-sized person requires 2 to 3 quarts of water a day (that's 64 to 96 ounces). A good rule to go by is to take your body weight, divide it by two, and that's the number of ounces of water you should be drinking daily. If you are eating adequate amounts of fresh fruits and vegetables daily, then you're getting about one quart of water already. But stay away from drinks with caffeine, such as coffee, tea, and sodas. Caffeine is a diuretic and actually causes you to lose water, so it does more harm than good.

I have found that my patients who drink adequate amounts of water have improved blood pressure, as well as a reduction or elimination of headaches, arthritis, and back and neck pain. In general, patients with chronic illnesses have fewer symptoms and better overall health as they increase their water intake.

What's the best time to drink water? I believe at different intervals throughout the day. Here's a good guideline: drink at least one 8-ounce glass of water thirty minutes before each meal and then another 8-ounce glass about two and a half hours after each meal. Before your largest meal of the day, try and drink at least 16 ounces of water. By drinking water before meals, you will decrease your appetite and greatly help your digestion.

Now because our ground water supply and streams are contaminated with pesticides, insecticides, and other chemicals, I highly recommend you filter your water. There are three basic types of filters you can purchase. Carbon filters are the most common and least expensive. These include granulated carbon filters and solid carbon block filters. The granulated filters last for about three or four months, while the solid block filters last approximately one year. Always remember: Change the filters regularly. Over time, they will collect sediment and bacteria and can become more harmful than good if not changed.

Another type of water filter is a water distiller. I recommend you get the kind that performs double distillation and has a carbon filter on top. This will ensure that volatile chemicals and the majority of pesticides are removed.

The third type of filter is a reverse osmosis system with a carbon filter. I believe this is one of the best water filters on the market. It removes bacteria, parasites, chemicals, heavy metals, chlorine, fluoride, uranium, radium, strontium 90, and most pesticides. And having the carbon filter with the reverse osmosis filter will make sure that nitrates and trihalomethanes are also removed from your water.

What about bottled water? Well, as a rule, the standard for bottled water is that it only has to be as safe as tap water, so the quality varies. However, there is a fairly new bottled water available called Penta water, from Bio-Hydration Research Lab. They have actually developed a physics process to convert purified water containing mostly large molecular clusters into water having a high concentration of small clusters. These small clusters are able to freely pass in and out of our cell membranes--bringing nutrients and removing wastes. Because Penta water is made of mainly small water clusters, the body does not have to break down as many of the clusters in order to hydrate the cells.

The end result is a phenomenally pure water with a good hydrating ability. Better hydration may be associated with a number of benefits, including increased energy, a stronger constitution, and overall improved health. I have found Penta water to be especially beneficial for my patients with fibromyalgia, chronic fatigue, headaches, arthritis, as well as most degenerative diseases. I usually recommend two 16-ounce bottles of Penta a day along with 1 to 2 quarts of filtered water. Penta water can be found in many health food stores, or you can check out their web site at www.pentawater.com.

So drink plenty of pure water--it's the basic element of your good health!

Used with permission. The author of several books, Dr. Don Colbert is in private practice in central Florida, where he lives with his family. A graduate of Oral Roberts School of Medicine, he has also received extensive training in nutritional and preventative medicine. For further information, visit www.drcolbert.com.

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