



OPTIMAL HEALTH

N
U
T
R
I
T
I
O
N

E
X
E
R
C
I
S
E

W
A
T
E
R

N

E

W

S

T

A

R

T

WATER FUNCTIONS

- Regulate the temperature of the body
- Helps organs assimilate the nutrients, and expel the toxins, and excess salts
- Helps keep the blood pressure down

SIGNS of DEHYDRATION

- Dry more wrinkly skin
- Grows tired quicker
- Dry mouth
- More difficult to concentrate
- Headache
- Constipation
- Hypertension
- Salivary duct blockages
- Allergic type symptoms
- Hypoglycemic type symptoms
- Kidney gall stones
- Bladder or kidney infections
- Improper digestion
- Dry cough
- Pain in the back of joints

- Drink Freely!
- Drink Often!
- Drink Fresh Water!
- Soft is Best!



HYDROTHERAPY

- Can improve sleep
- Can improve energy levels
- Assist the immune system
- Treat a migraine or tension headache
- Can assist in musculoskeletal conditions
- Help treat wounds
- Alleviate depression and/or anxiety

3 John 2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

