

The Water Truth

Hydration



DREAM TREE

TRANSFORMING HEALTH & WEALTH THROUGH INNOVATION

Are You Dehydrated?

75 % of Americans are chronically dehydrated. 37% of Americans mistake dehydration for hunger. They eat when they should drink. For optimum hydration you should drink a number of fluid ounces equal to half your body weight and not "eight glasses per day". For example, a 200-pound man should drink 100 ounces per day. Coffee, tea, and many soft drinks contain large amounts of caffeine. Drinking caffeinated beverages do not hydrate the body; in fact they help dehydrate the body.

To make matters worse, most water we consume today is acidic and will not absorb into the body properly, adding to the dehydration dilemma.

Is Dehydration Really A Problem?

You bet! Dehydration slows down your metabolism which leads to weight retention. It can negatively affect short term memory and affect your ability to concentrate. It can suppress your thirst mechanism to the point that you think you're hungry. Dehydration has been shown to be one of the biggest Migraine Headache triggers and here's something you probably didn't expect, you do not become dehydrated because you age, rather You Age "BECAUSE" you become DEHYDRATED.

James Lehman, DC, a professor of orthopedics and neurology at the University of Bridgeport College of Chiropractic in Bridgeport, Connecticut - "My clinical experience confirms that many of my patients with headaches are also not drinking adequate amounts of water".

I don't know if 75% is the exact percentage of Americans who don't drink enough water but I am certain that many of my patients are not properly hydrated. People perceive that they are too busy to drink water. They don't want to waste time with the very normal process of urination. And some people hate the taste of water.

In other words, many individuals consider the frequent consumption of water to be a real headache.

Of course serious dehydration can be life threatening, but most people don't realize how mild dehydration can also create so many problems. From headaches to memory loss to aging to weight retention, dehydration is a real challenge for most people today.

Our Dream Tree Ceramic Conversion System will make the water you drink taste better and absorb much more efficiently. Don't be part of the 75% of our population that are chronically dehydrated, say goodbye to dehydration, as we like to say "**Hydrate to Lose Weight**".

Dehydration Basics:

It takes an average of 64 to 80 ounces to replace the water our bodies lose in 24 hours.

Under normal circumstances, how much water we need depends a great deal on the volume of our perspiration and urine output.

Our bodies' need for water increases under circumstances such as:

- Warmer weather or climate
- Living at high altitudes
- Increased physical activity
- When experiencing vomiting or diarrhea
- When fevered
- When you have a cold or the flu
- If you have a chronic disease such as uncontrolled or untreated diabetes, kidney disease, alcoholism, cystic fibrosis, or adrenal disorders,
- If you are taking some medications. Always check your prescription information.
- During long air flights

Losing as little as 1 to 2% of body weight can result in dehydration.

Losing 3 to 5% can negatively impact reaction time, concentration and judgment

Losing 9 - 15% results in severe dehydration and is life-threatening.

Symptoms Of Dehydration:

- Excessive thirst
- Fatigue
- Muscle weakness
- Headache (Migraine)
- Dizziness
- Less frequent need to urinate and decreased output
- Darker colored urine (should be nearly clear to pale yellow)
- Confusion
- Increased heart rate and respirations
- Skin that doesn't snap back when pinched and released



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