Water, Water, Everywhere and Not a Drop to Drink

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Eight to twelve glasses a day (1.5–2 liters). That’s the recommended daily requirement of water for a healthy adult. Do you get that much? If not, then you, my friend, have a “drinking problem.”

Of all the touted nutritional supplements out there, and Lord knows there’s always a new fad, the one “nutrient” most neglected, but most vital, is good old H₂O, i.e., water.

We put “nutrient” in quote because, technically, water is devoid of any nutrition. It has no carbs, proteins, or fat, and no calories. There are no vitamins or minerals, just two hydrogen atoms clinging to one oxygen atom. Yet this simple molecule is designed by our God to sustain all life and promote metabolism. Your body is comprised of 70-80% water, and 80% of people on this planet live close to bodies of water. So essential to life is H₂O that NASA spends billions on spacecraft in order to look for water on distant planets because science knows—no water, no life.

Your body uses water to transport oxygen, nutrients, and other vital elements, to dilute, to filter, as a solvent, and as a coolant. Water is the primary component of plasma, the liquid portion of blood that transports blood cells throughout your bodily systems. Water in your stomach aids in breaking down ingested food and liquids so it can pass through the intestines in a form our cells can use. When hot, we sweat, and our skin releases water that evaporates and cools us via convection.

Water is the medium for all body fluids, including blood, the lymph system, digestive juices, urine, and perspiration. It balances acids, moves nutrients into the cells, and is a solution that holds electrolytes. The body’s need for water is second in importance only to its need for oxygen.
Consider these facts:

- 73% of North Americans are chronically dehydrated.
- Even MILD dehydration will slow one’s metabolism up to 3%.
- A glass of water quells midnight hunger pangs for most dieters.
- Lack of water is the #1 trigger of daytime fatigue.
- Research indicates that 8–10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or a printed page.
- Five glasses of water daily decreases the risk of: colon cancer by 45%, breast cancer by 79%, bladder cancer by 50%.
- Water helps transport waste to the kidneys and lungs for excretion.
- Water helps carry hormones and disease fighting cells through the bloodstream.
- Water is a necessary element for the many chemical reactions involved in the processes of digestion and metabolism.
- Water assists in regulating body temperature.
- Water helps protect and cushion the tissues and lubricate the joints.
- Water provides a full feeling, assists in the regulation of the bowels, and aids in relieving such disorders as constipation.

Obviously, if you are not getting enough water, you are not going to be your best—end of story!

Many people are so chronically dehydrated that they confuse thirst with hunger. Scientists have discovered that because we ignore our thirst but chronically overeat, 37% of Americans think they are hungry when their bodies are really asking for water instead. The effects of long-term dehydration have not been adequately researched but we are convinced that numerous maladies can be corrected and even reversed with proper hydration. We spend billions as a society to moisturize and hydrate from the outside when the real issue is of hydration from the inside.

It is therefore essential that you find a source of clean water. We say clean because pollutants hide readily in good old H₂O. Heavy metals and other toxins are a major concern, but the highest concentration of toxins found in our water supply, come from fluoride. The fluoride issue is a major health concern and we are speaking from very solid and proven scientific
knowledge here. Why there is fluoride in our water is supposedly for dental health, but there is no evidence that consuming fluoride helps your teeth in any way.

Fluoride is so caustic that if you take it in its pure form and put it on glass, the fluoride will eat right through it. Fluoride is in the same elemental family as iodine and chlorine, so unless you think drinking out of your local swimming pool is healthy, you need a source of non-fluoridated water. Fluoride will build up in your system and your body will have no way to flush it out. You need clean, non-fluoridated water to flush out fluoride and all the other muck built up in your system. Water is the body’s best solvent and purifier by design, but must be administered in the form the Designer created. Fluoride is not the only problem with our water supply but that alone is enough reason to find a source of clean water. There are several sources we have used.

The first is to buy bottled distilled water, but at about 80 cents a gallon, it gets expensive. The FDA does not regulate the bottled water industry. “Spring water” could as easily have come from a bog in New Jersey as some glacial runoff in Finland. Heck, it could just mean it was bottled in April. Distilled water, however, is just that, water obtained from the distilling process and as such, is pure H₂O, nothing more and nothing less. It is probably the best guarantee of pure water.

There is some controversy about distilled water because a few years ago some bright spark isolated a human cell and put it in a petri dish with distilled water. Because of the osmotic pressure involved, the cell promptly exploded, and it was announced to the world that distilled water was toxic. When you ingest distilled water, it mixes with digestive fluids in your gut and gets to the correct acid/alkaline concentrations and osmotic levels before it ever enters the bloodstream to cross cell membranes. It is a perfectly safe and sure source of clean water.

Container filters are popular and fairly inexpensive. They are convenient in that you simply fill the container with tap water. The water passes through the built-in filter and presto, clean water—almost. The problem is that while these filters remove bacteria and fungi, they do not remove fluoride or other impurities bound to the water molecule. Also, these filters must be replaced fairly frequently.
Another source used is a reverse osmosis filter system. Using a series of filters similar to the way the cell membrane allows only certain molecules to cross, this system provides an excellent source of pure water from tap water out of your faucet. It can be expensive and requires maintenance and filter changing but they do work very well. If you don't want to fork over the money, you can go to Wal-Mart or some other grocery store and pay about $1.35 for five gallons of water from a commercial filter system they have. You must bring your own container, and it's a little cumbersome to lug around 60lb. of water.

All these water sources have their advantages and disadvantages, as well as their fair share of accompanying controversy. But any way you cut it, any filtered water is far better than tap water and WA-A-Y-Y better than soda pop, which is still America's #1 selling beverage. Find the water that works best for you and start reaping the benefits of proper hydration.

Drinking water can be boring, but you can use flavored water additives to mix it up some. Just be sure that what you are adding to your good water is also good for you. Fruit juices and sport drinks are mostly water, but alcohol, soda pop, and caffeinated beverages actually dehydrate you. You can carry a water bottle with you pretty much anywhere you go these days, and there are all kinds of bottles and bags and hydration packs designed to help you get the water you need throughout the day. You can buy a bottle of water pretty much anywhere that sells beverages.

So, let’s have a toast. Ladies and gentlemen, please lift your frosty glasses filled with pure, clear, clean water and drink a toast. To water, (it’s for drinking, not baptizing) to wellness, and to the Well of Living Water, our wonderful Savior, Jesus Christ. Cheers!

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