

## Renee's Take Back Your Health

### Top 5 tips for getting enough water

1. Find a plain pure water to drink that tastes good to you.
2. Set a timer on your watch alarm and drink water when the timer alarms. And/or set a reminder on your computer to remind you it is Water Time Wednesday.
3. If you normally have a soda, or juice with your meals, skip it. Have delicious life-giving water instead.
4. Drink water in the car on your way to work or to the store. Drink water in the car on your way home from work. If you reach your destination and find the cup of water full, drink it BEFORE you leave the vehicle.
5. Don't get sidetracked with all the confusing information. Drink plain pure delicious water and ENJOY it. Stick with it even if you don't enjoy it at first. Within a week (yes just 7 little ole days) you will feel sooooooo good, you will wonder why you did not try it sooner.

## COOL SCIENCE EXPERIMENT 1:

### IMPORTANCE OF WATER WHEN INCREASING FIBER INTAKE

Problem: Someone who has increased her fiber intake is wondering why she is still constipated.  
Solution: She did not increase her water intake accordingly.

Materials Needed:

2 clear 12 oz. glasses      Water

1 spoon

Metamucil or other powdered fiber product

1. Take a spoonful of Metamucil or other commercial powdered fiber and add it to the listed amount of water. Stir.
2. Next, take a second glass and to the same amount of water, add 7-10 spoonfuls of the powdered fiber. Stir (it will be thick) and let sit for 2 minutes. Turn the glass upside down. It should form a gel that does not fall out of the glass.
3. Conclusion:            Increasing fiber without increasing water will result in constipation.
4. ACTION POINT: When increasing fiber in the diet, also increase the amount of water consumed.

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**Take Back Your Health**  
**Take Back the Love**  
**Take Back the Fun**  
**Take Back Your Faith**  
A Health Ministry of the Philadelphia 7<sup>th</sup> Day  
Adventist Church , Burlington, NC

## Water Time Wednesdays



Just as you were challenged to try Mondays without processed foods, try Wednesdays as a day to drink only delicious life-giving water as your drink of choice. Now Is the Time for Water Time Wednesdays!

**By Dr. Renee Lea-Currie**

***Blessed are they who hunger and thirst for righteousness, for they shall be satisfied. -Matthew 5:6***

Water is mentioned over 700 times in the Bible. Is it any wonder that this essential nutrient is often absent or not frequent enough in our lives. Not only do we need it externally for cleansing and disease prevention (i.e. hygiene), but also internally to keep our bodies working properly ( we are over 60% water). We consume so little water that our bodies sometimes makes us think we are hungry (hence we overeat or over-snack) when we are simply just thirsty

We all know that we should be drinking plenty of water; it has many health benefits. If you increase your fiber intake but forget to increase your water, you will still have some problems (see cool science experiment #1). The question often comes up as to which water is best: tap? bottled? spring? purified? distilled? drinking water? What is the difference? Many people become so confused that they forego drinking water for a sugary (or fake artificial sweetened) drink.

The US municipal water supply is one of the safest in the world. However, the quality and taste of tap water vary from region to region. I personally use a carbon based faucet filter to improve the taste of the water. I do not like the taste of most spring waters. I like the taste of reverse osmosis purified water with calcium and magnesium added. Therefore, I drink this or (carbon based) faucet filtered tap water in a re-usable cup. Many people believe that spring water is the only "living water" ( purified waters are "dead" water) that is suitable for good health. Many people only drink purified water (purified by reverse osmosis process; the leading process for ultra pure water) with added minerals. Most bottled water is municipal water treated by reverse osmosis to purify it further. The news stories earlier in 2007 stating that commercial bottled waters were from municipal sources was no revelation to me. The municipal source is stated in small lettering on most bottled water anyway; you just have to look for it

Check the latest water quality report for your municipal water source to determine if you approve of what is present in the water. If not, let your government representatives know about it!!!!

Look on your water/sewer bill for the phone number to call to obtain a copy. If you don't like the quality of the water, buy some bottled water in large jugs. Recycle the jugs. If you don't like the taste of the tap water, try a faucet filter.

Leave the artificially flavored waters alone. Don't believe the advertising hype that a flavored calorie-free water beverage is anything but FAKE FOOD.

Be prepared to go to the bathroom more as your body adjusts to being adequately hydrated. This is not a bad thing; sometimes it is good to get away for 2-3 minutes. If you are too busy, WORK IT OUT! **Your health is worth more than the tiny inconvenience of 3 minutes.**

Normal urine should be a pale yellow color (unless you are taking certain vitamins/minerals or medicines) without a strong odor (unless you had a lot of garlic). **WORK IT OUT!**

*Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.*

–Anonymous