

**FREE**  
NOT TO BE SOLD

# **WATER**

Healthy Living (01)



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## INTRODUCTION

Water is a gift of nature; it is at the core of sustainable growth and is essential for healthy living. Regular consumption of water is an excellent way to take care of your body, and this is a vital factor for achieving optimum health.

Water makes up about 70% of the human body, and it is a primary component of your cells and tissues. As such, its importance for daily existence cannot be overemphasized.

Many common health problems can be avoided by simply drinking more water, and how much of it you consume can make the difference between maintaining good health and having to deal with medical conditions like headaches, backaches, kidney stones, visual impairment, obesity, hypertension, diabetes, and even arthritis.

Some people drink water when they are thirsty and others drink it when they are fully hydrated. The surprising thing is that there are some people who don't like drinking water at all. This

## *Healthy Living*

is not a healthy way of life. Technically, nearly everything one ingests contains water, but you can save your body the extra energy needed to extract water from foods and beverages by just drinking more water.

Thus, this book provides basic facts you should know about water as a vital element for healthy living and will help you make intelligent decisions about drinking it to remain healthy.

## WATER & THE BODY

Water is the basis of fluids in all living organisms, and is crucial for sustenance. The human body functions with nutrients from food. Through blood (which is also mostly water), these nutrients are transported throughout the human body to be used for building the body, repairing damage from disease or injury, and maintaining youthfulness.

Approximately two-thirds of the human body is made up of water, though this varies across different ages and body compositions. In adults, the water composition is over seventy percent; a newborn baby's body has approximately seventy-four percent, while a human fetus consists about eighty percent water.

Several vital organs in the body also store large amounts of water. The human blood is composed of about eighty-three percent water; seventy-five percent of the brain is water; the heart has seventy-nine percent water; in the kidneys we have eighty-three percent water;

ninety percent water in the liver, seventy-five percent in the intestines, eighty-three percent in the lungs, seventy-six percent in the spleen and muscles, seventy-two percent in the skin, twenty-two percent in the bones and ten percent in the adipose tissue.

### **Functions Of Water In The Body**

Here are a few important functions of water in the human body.

- 1. Nutrient Distribution:** The blood is the chief mode of transportation for moving nutrients to all parts of the body. It conveys nutrients and oxygen to the cells. It also makes minerals more accessible to the human body by dissolving and making them ready for use.
- 2. Supports Brain Activity:** Through the blood, water supplies the brain with the required nutrients to manufacture hormones required for a functional life.



- 3. Fluid Balance:** Water maintains the body's fluid balance; it is important for the transportation of waste products in and out of the body.
- 4. Proper Kidney Functions:** Water helps maintain healthy kidneys, by helping with the excretion of waste products collected in the body mainly. It also promotes kidney function and reduces kidney stones by diluting or dissolving salts and minerals in the urine.
- 5. Detoxification:** The body mainly expels waste through urination, defecation, and perspiration, and water plays a crucial role in all three. The liver also needs water to eliminate toxins more speedily from the body.
- 6. Control Calories:** Most weight-watchers will confirm that substituting beverages for water significantly reduces calorie intake. It's not a magic trick; drinking water would

make you feel full, and effectively causes you to eat less.

- 7. Healthy Skin:** Our skin contains plenty of water, and functions as a protective barrier to check excessive dehydration. Water conditions the skin and aids the proper formation of cells underneath the layers of the skin to give it a healthy, glowing appearance. It also keeps the skin hydrated and helps to flush out impurities.
- 8. Physical Fitness:** Water speeds up metabolism and plays a crucial role in regulating body temperature during exercise. Water also keeps the joints well lubricated, preventing muscle exhaustion, which occurs when the body loses too much water.
- 9. Lubricant:** Water effectively lubricates the joints. It also acts as a shock absorber for the eyes, brain, and spinal cord, and for the embryo through amniotic fluid.

- 10. Maintain Bowel Functions:** When there is a shortage of liquid, the colon pulls water from stool to maintain hydration, resulting in constipation. Water ensures fluid movement along the gastrointestinal tract and prevents constipation.

### Health Benefits Of Drinking Water

There are numerous health benefits of drinking water to our bodies.

#### *Physiological Benefits*

- 1. Sustains pH Balance:** The human body needs a pH range of 7.35-7.45 for stabilized physiological processes. An alteration in the acidity level may lead to sickness and an inability of the body to absorb vitamins and minerals, regulate oxygen, optimize energy levels, or give effective immune response to diseases and infections.
- 2. Prevents Kidney Stones:** As the best solvent in the body, water prevents the solidification of salts and minerals to form

stones. This is attainable because water dilutes the salt before it reaches the kidney and eliminates it through the urine.

- 3. Aids Respiration:** Drinking a lot of water plays a very vital role in the respiratory process. It distributes oxygen all over the human body; collects carbon dioxide from all parts of the body and dissolves these gases, thereby completing the process of respiration.
- 4. Prevention Of Arthritis:** Joints in the human body are susceptible to friction. They can be kept in proper shape by the intake of essential amounts of water. An increase in water levels in the body prevents the occurrence of frictions and, therefore, rheumatoid arthritis.
- 5. Aids Digestion, Relieves Constipation:** Water prevents constipation by providing the required amount of fluids to the gastrointestinal tract. Also, increased fluid intake is recommended as part of the

treatment protocol in the event of constipation.

- 6. Water Builds Healthy Muscle:** Water transports oxygen to the cells that are responsible for building and strengthening muscle tissue. Through the regular supply of the required moisture, water helps maintain the proper balance needed to brace the muscles, as an imbalance of electrolytes in the muscles leads to uneasiness, such as muscle exhaustion.
- 7. Improves Dental And Oral Hygiene:** Water also plays a key role in maintaining excellent dental hygiene. In addition to enhancing food digestion, saliva produced also cleanses the mouth. More water implies more saliva, which is important for lessening the chances of tooth decay and cavities.
- 8. Maintains Healthy Skin:** Proper water levels in the body prevent the occurrence of dehydration in the body. This, in turn, maintains the turgidity of the skin. A

number of skin problems that are connected to dehydration, such as acne and eczema, can be prevented by drinking adequate amounts of water.

- 9. Healing Benefits:** One of the most important curative elements in our world is water. It helps the body heal faster during the period of recovery from ailments and helps alleviate aches and pains, even those caused by arthritis; which is why physicians recommend the consumption of food with high water content for the convalescent.
  
- 10. Reduces Cancer Risk:** According to recent studies, a fine amount of water in the body reduces the risks of bladder cancer and colon cancer. Water thins the concentration of cancer-causing agents in the urine and reduces the number of times they come in contact with bladder lining.
  
- 11. Immunity for Pregnant Women & Nursing Mothers:** The nutrients and other factors required for the growth of an

embryo in the womb are transported via blood from mother to fetus. Water accelerates this process. Constipation, bladder infections, and hemorrhoids, which are common during pregnancy, can be avoided by consuming water in large amounts during these periods.

### ***Psychological Benefits***

- 1. Water Boosts Mood And Brain Power:** Water increases cognitive functions through the delivery of oxygen to the brain. It also aids balanced nerve function, making it easier for the brain and the nervous system to communicate.
- 2. Supports Healthy Brain Activities:** The brain depends on adequate hydration to function optimally. Cells in the brain need high amounts of water and various elements to operate, and when so much water is lost, this balance is disrupted, causing the brain cells to lose efficiency.
- 3. Improves Concentration:** According to research, when one is thirsty, it is more

difficult to concentrate. Adequate water intake checks effects of dehydration like memory functions and the recall of long-term memory.

4. **Mood Balance:** Water eases depression. Studies have shown that drinking water in large quantities can boost one's mood and stabilize emotions; as well as reduce fatigue, sleepiness, and confusion.
5. **Improves Quality Of Sleep:** Drinking a glass of water before bedtime enhances better night rest because it helps to prevent night-time muscle cramps.

All systems in the human body require water to function, such that a drop in the body's water levels by as little as five percent may cause severe problems, and a fifteen-percent drop can cause death.



# DEHYDRATION & OVER HYDRATION

## **Dehydration**

Dehydration occurs when the amount of water leaving the body is more than the amount of water consumed. Chronic dehydration occurs when one consistently has less than the required amount of water entering the body.

It is a natural occurrence for the body to lose water daily through respiration, perspiration, urination and defecation. The amount of water lost during these processes must be balanced through the regular consumption of water; otherwise, dehydration will occur.

## ***Causes***

There are various reasons for dehydration, such as intense physical activity or excess intake of alcohol and other sugary drinks. Other causes of dehydration include:

- Inadequate water intake
- Increased sweating due to hot weather, humidity, exercise or fever
- Increased output of urine due to a kidney disease, hormonal deficiency, diabetes or medications
- Diarrhea or vomiting
- Recovering from burns

### **Symptoms**

Primary Symptoms: The body's first response to dehydration is thirst, causing you to feel a dryness to prompt water consumption. Another early symptom is darkly colored urine; ideally, urine should be straw-colored, but it becomes more concentrated and yellowish when one is dehydrated for a protracted period.

As the level of water loss upsurges, further indicators like joint pain, impaired vision, migraines, stomach aches, ulcers, back pain, tiredness, and confusion occur as the body fights to compensate for the lack of water.

### **Effects**

Severe dehydration causes many problems, including fatigue, depression, diabetes, high blood pressure, arthritis, weakness, and loss of energy.

Other major effects of severe dehydration are:

- Significant decrease in memory retention and brain performance.
- Increased sensitivity to pain.
- Dry and wrinkled skin.
- Severe headaches and migraines.

### **Over Hydration**

Over hydration, also called hyper hydration, occurs when the body takes in or retains more water than it loses. Although less common than dehydration, and much more difficult to detect, over hydration is just as bad, and may even be worse, than dehydration.

### **Causes**

Contrary to dehydration which is mainly the result of drinking too little water, drinking too much water is hardly ever the cause of over

hydration. If the kidneys, liver, heart and pituitary glands are functioning normally, excess water is usually expelled from the body at regular intervals.

There are a number of medical conditions that trigger over hydration. These include, but are not limited to:

- Heart failure
- Kidney problems
- Liver disease
- Syndrome of inappropriate antidiuretic hormone (SIAH)
- Psychogenic polydipsia
- Adverse reactions to some medications.

### ***Symptoms***

Most symptoms of over hydration are similar to those of dehydration: fatigue, headache, nausea and vomiting, blurry vision, muscle cramps, drowsiness, disorientation, etc.

Other symptoms of over hydration include poor body coordination, sudden weight gain, rapid

breathing, twitching, muscle weakness, anemia, seizures, coma, etc.

### **Effects**

Generally, over hydration leads to hyponatremia – a potentially fatal condition characterized by increased water levels and decreased sodium levels in the blood stream.

Other effects of over hydration include:

- **Changes in brain function:** Over hydration may cause intense headaches, swelling in the brain, seizures and coma, etc., all of which may lead to death in extreme cases.
- **Fluctuations in mood and energy:** It causes sluggishness and tiredness, and may prompt feelings of irritation and restlessness.
- **Acidosis:** This is a condition in which the blood and tissues are in very high acidic state. This can be very damaging to vital organs of the body such as the heart and the brain.
- **Anemia**
- **Cyanosis, etc.**

### ***Prevention and Treatment***

It is recommended to use the color of urine as an indicator of one's hydration status: very pale yellow or colorless urine usually indicates the consumption of too much water.

Treatments for over hydration include:

- The daily consumption of less than the required amount of water for several days.
- Increased intake of salty foods, as this will balance the sodium levels in the blood and supply the required electrolytes, etc.

# A HEALTHY DRINKING HABIT

Water plays an important role in your life. Just like a plant will wither without water, so will the human body become fatigued after a protracted period without water. Hence, health experts recommend drinking water throughout the day to keep the body hydrated.

Each day, a required amount of water must be consumed to enable the body function optimally. However, this requirement varies according to age and gender, and also by one's geographical location.

People in cold environments or people who eat a lot of foods with high-water content (such as fruits and vegetables) may require less water. And the quantity of water intake should increase during periods of intense physical activities, and also for people who live in hotter regions.

Also, people are advised to increase their fluid intake when they are:

- On a high-protein diet
- On a high-fiber diet
- Pregnant or breastfeeding
- Vomiting or have diarrhea

## Recommended Daily Fluid Intake

Age	Recommendations
<b>INFANTS:</b>	
0–6 months	0.7 liter (usually from breast milk or formula)
7–12 months	0.9 liter (from breast milk, formula and other foods and drinks)
<b>CHILDREN:</b>	
1–2 years	1.0 liter (about 4 cups)
2–3 years	1.1 liters (about 4.5 cups)
4–8 years	1.2 liters (about 5 cups)
<b>ADOLESCENTS:</b>	
9–13 years (Girls)	1.4 liters (about 5–6 cups)
9–13 years (Boys)	1.6 liters (about 6 cups)
14–18 years (Girls)	1.6 liters (about 6 cups)
14–18 years (Boys)	1.9 liters (about 7–8 cups)
<b>ADULTS:</b>	
Women	2.1 liter (about 8 cups)
Men	2.6 liter (about 10 cups)



### Prioritize Drinking Water

If your water consumption is lower than the recommended amount, there are a variety of steps you can take, and habits you can form, to prioritize drinking water:

1. **Establish A Routine:** Create a water drinking schedule daily. For example, take a glass of water before and after each meal, and a glass after of water after each bathroom break, and before bedtime. You can also support your water drinking habit by associating it with other common activities.
2. **Substitute Water For Other Drinks:** It's hard to drink water when you are full of other liquids! Start your water habit by replacing other beverages with drinking water. When you want a sugary drink, drink a glass of water first.
3. **Measure Your Water Intake:** Provide yourself with the required amount of water for the day by filling a pitcher or lining up your water bottles every morning. If the

pitcher or bottles are empty by day's end, you have succeeded in drinking enough water for that day.

- 4. Always Keep Water Within Reach:** It's easier to drink water when it is within reach. It serves as a constant reminder to drink more water and keeps you from having to get up to refill a single glass each time you get thirsty.
- 5. Track Your Consumption:** Encourage your drinking habit by using printable water tracker stickers as a visual reminder to drink water regularly. They make water drinking a priority and make it easy to record the number of glasses you drink. It is recommended that these stickers be pasted on conspicuous surfaces.

Here are a few other helpful tips to help you enjoy drinking water:

- Add slices of lemon, lime or orange to your water to give it flavor.
- Enjoy water breaks at work.
- Always take water bottles with you.

### Substitutes For Water

In rare cases where you may not have pure drinking water, consume fruits and vegetables that have high water content, such as peaches, strawberries, grapefruit, cantaloupe, apricots, blueberries, pineapples, plum, watermelon, etc.

These fruits are low in calories and rich in minerals, vitamins, antioxidants and fiber that are key to maintaining good health. They can either be eaten raw or converted into smoothies or juices.

The following should not be used as substitutes for water. In fact, habitual consumption of these is detrimental to a healthy lifestyle:

- **Soft & Sugary drinks:** these have high chemical content and low water content. The body requires extra energy to extract the water it requires from them, and you lose more than you gain ultimately.
- *Coffee:* caffeine induces the kidneys to release more water than normal, thus accelerating water loss.



## **CONCLUSION**

Clean water should always be your first choice for hydration. It's cheap and easy to find. Drinking water is also a simple habit that will keep a whole lot of health issues away.

Remember, you are the custodian of your body, and you have a responsibility to keep it in perfect health.

For more information about the Healing School, or to share your testimony concerning this book, please send an email to [info@enterthehealingschool.org](mailto:info@enterthehealingschool.org)

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The Healing School is a ministry of Pastor Chris Oyakhilome PhD, which manifests the healing works of Jesus Christ today, and has helped many receive healings and miracles through the gifts of the Holy Spirit in operation.

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