

Healthy Living

Water, Energy and Life

If everything, animate and inanimate, is made of molecules, then what makes the difference between them? What provides the life force? As energy workers, we feel the energetic field of plants and animals and sense when energy shifts or is blocked. Many of us actively try to increase our own vibrational levels as well as those of others through our practice. One explanation for life force is that the presence of water in life forms allows for conductivity and transfer of electrical impulses.

Water is the most abundant molecule in the human body that undergoes continuous recycling.¹ What is meant by continuous recycling is that humans drink water, use it for physiological processes and eliminate it with metabolic wastes. That little phrase in the previous sentence “humans drink water” is the piece that we can manipulate to our advantage. Water is the basis for all “bodily fluids” and as such is the medium for all processes like digestion, absorption and transportation of nutrients as well as the formation of cell structures. Becoming aware of the amount of water that is consumed and increasing it voluntarily can be one easy resolution that will increase vibrancy in 2019.

As a nutritionist and healthcare professional, I spend time with clients reviewing what they eat and drink and help them make changes that can influence their health in a positive way. Everyone knows that they need to “drink eight glasses of water per day” but there is really no minimal intake.² What is becoming more apparent in health literature is that biomarkers for hydration status are taking on a more comprehensive role as predictors of total health and health outcomes.³ This represents a slow but important shift from looking at hydration status solely as a marker for athletic performance to looking at overall hydration as a means to obtaining optimal health.

Drinking water for health versus drinking water as a beverage is vastly underrated and underutilized as a health-promotion goal. Dehydration resulting in decreased sports performance is well documented and we all know that athletes are well versed in hydration. But, did you realize that there are studies showing a relationship between dehydration and hospitalization, decline in cognitive function, poor diabetes control and hyperthermia?⁴⁻⁶ These are not new studies! What this means is that total fluid intake from beverages, fruits and vegetables as well as plain water all can have an impact on total health and wellness. Water is particularly important to the health of kidneys as they are the organ through which all metabolic waste is filtered on the way out — and less concentrated urine is clearly easier to filter.

The bulk of the human body’s structure is formed from crystalline arrays of collagen — from bones to cartilage, tendons and fascia. These collagen structures are liquid crystals, which are not quite liquid nor completely solid. Our bodies are 70% water and part of the water makes up the ordered hydration crystalline networks of collagen.⁷ These networks rely on hydration for life force.

It could be argued that water as a nutrient cannot be separated from dissolved solids like electrolytes and this is especially true in the body where water and electrolytes are necessary for all bodily processes. If we go back to the first paragraph, you might just see where I am going with this. Energy workers may be able to obtain better results in well-hydrated individuals. Moving energy around the body requires that we have water and electrolytes to transfer energy along the body’s matrices. This is true for both the client and the practitioner. Staying hydrated will increase



our ability to let our energy flow out as well as move the energy of another.

Pure water is best and by that I mean filtered tap water, bottled water or even quality tap water. Reverse osmosis is considered the gold standard for filtration; however, a refrigerator filter or tabletop carbon filter is probably fine for most municipal water. Teas and other calorie-free beverages can contribute to water intake. The water found in fruits, vegetables, broths and soups is certainly valuable but should not count toward total intake if the goal is optimal hydration for vibrancy and flourishing. Pale, odorless urine signals hydration. Drink up! €



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