

THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

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The Eight-Glasses-a-Day Rule

It is true that no one knows where the 'eight glasses a day' rule came from, and that there isn't a lot of science to back up what we nutritionists are saying when we encourage people to drink, drink, drink. These experts also argue that we can get the fluids we need from other sources besides water. I say, 'phooey.' You wouldn't wash your clothes in soda, would you? And though there may not be scientific confirmation on exactly how many glasses a day we need, based on the trillions of cells in the body that need water to function, I'm going to continue to go with the assumption that when it comes to water, more is better. Most of us would benefit from more water, not less."

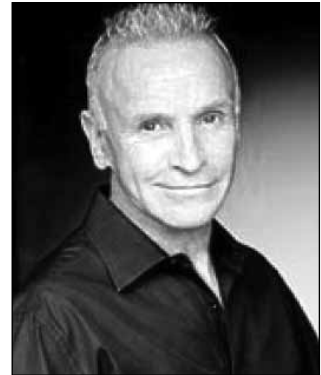
"There's an anecdotal water recommendation for weight loss (and also for general health) that goes like this: Divide your weight in two and drink that number of ounces a day. There's no firm science to back that up, but I've been using it for years, and as a basic guideline, it works quite well."

"Water can improve energy, increase mental and physical performance, remove toxins and waste from your body, keep your skin healthy and glowing, and may even help you lose weight. If you're dehydrated—and some experts think that most of us are at the very least 'underhydrated'—your blood is thicker and your body has to work that much harder to cause it to circulate. As a result, your brain becomes less active, it's harder to concentrate, and you feel fatigued."

Staying Well Hydrated Protects Your Heart

"You can live without food for a long time, but try going without water for eight to ten days—you won't make it, and most people would be dead long before that."

"And there are health benefits to water beyond the fact that it keeps us alive. Dehydration can elevate at least four independent risk factors for coronary heart disease: whole blood viscosity, plasma viscosity, hematocrit, and fibrinogen. In one landmark study in the May 1, 2002, *American Journal of Epidemiology*, researchers from the School of Public Health at Loma Linda University examined more than 20,000 relatively healthy people over six years. High daily intakes of water (five or more glasses) were associated with *significantly* lower risk for fatal coronary heart disease events, even after adjusting for smoking, hypertension, and body mass index. That's a pretty powerful study."



**Jonny Bowden, Ph.D.,
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Jonny Bowden, Ph.D., C.N.S., (aka "The Rogue Nutritionist") is a nationally known expert on weight loss, nutrition and health. He is a board-certified nutritionist with a master's degree in psychology and the author of nine books on health, healing, food and longevity including two best-sellers, "The 150 Healthiest Foods on Earth" and "Living Low Carb".

Dr. Bowden has a Master's Degree in psychology and counseling and a Ph.D. in nutrition, and has earned six national certifications in personal training and exercise. He is board certified by the American College of Nutrition, a member of the prestigious American Society for Nutrition, and a much in-demand speaker at conferences and events across the country.

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Excerpted from the book, *The 150 Healthiest Foods on Earth, the Surprising, Unbiased Truth about What You Should Eat and Why* Copyright © 2007 by Jonny Bowden

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