

WATER and the BODY

The body is approximately 70% water when we are born and this decreases with age to approximately 55%.

- Brain - 74% water
- Blood - 83% water
- Bones - 22% water
- Muscles - 75% water

Approximately 75% of Americans are dehydrated on a daily basis and dehydration is a huge concern when it comes to the proper functioning of the body.

Only WATER is WATER!

Everything Else is FOOD!

DEHYDRATION

Water is responsible for ...

- removing waste (toxins)
- dissolving nutrients (making them available to the body)
- regulating body temperature (sweat)
- lubricating joints
- helping to oxygenate the body
- transmitting signals within the body (such as hunger and thirst)

When a body is dehydrated, hunger and thirst signals can be compromised and even switched.

The next time you feel hungry, try drinking a glass of water. Water, as opposed to food, may be what the body really needs and wants.

It is also important to note that dehydration is one of the major causes of back pain. Water is the primary component of spinal fluid.

Drinking water (not tea, coffee, pop or juice) ensures our body chemistry is working to its potential.

Meet Diane MacDonald, Found, Director and Practitioner at Raincoast Elemental Wellness and Consulting Inc.

- Helping individual clients to supplement their commitment to themselves and their personal needs.
- Helping to build a stronger and more dynamic organizations.



**Raincoast
Elemental**
WELLNESS AND CONSULTING INC.

Dedicated to supporting
those who care for others!

778-389-5152
info@raincoastelemental.com
www.raincoastelemental.com

The Benefit of Wellness Modalities

Common daily stressors, such as lack of hydration, have a cumulative effect on the body. Chronic stress overload impacts the body by initializing the sympathetic nervous system. The sympathetic nervous system, known as the fight or flight response, triggers chemical reactions to occur within the body. The result of these chemical reactions can include but are not exclusive to:

- Accelerated heart rate (increased blood pressure)
- Accelerated lung action (shallow chest breathing)
- Decreased or stopped digestive processing
- Constricted blood vessels to organs not vital to muscle action
- Liberation of nutrients into the blood stream to provide energy to muscles (fat in the form of triglycerides and sugar)
- Auditory exclusion (loss of hearing)
- Tunnel vision (loss of peripheral vision)
- Cognitive Impairment

Wellness modalities help to transition the body from functioning within the fight or flight response to functioning within the rest and digest response.

The parasympathetic nervous system, known as the rest and digest response, helps to create a state of equilibrium within the body which aids in providing the structure required by the body to start to heal itself.

As the body can only function through one system at a time, enlisting the aid of a wellness practice can be equated to taking that much needed mini vacation or respite from life's stressors. A practice which can help to provide widespread rejuvenating effects.