

***“Samson was so thirsty that he prayed...
Please don't let me die of thirst now....
Samson was tired and weary,
but God sent water gushing from a rock.
Samson drank some and felt strong again.”***
Judges 15:18a,19/Contemporary English Version

HEALTH TIP #3 - WATER

To prevent dehydration, the recommendation is to drink 1/2 of one's body weight in ounces. (Example: 150 lb. person would drink 75 oz. minimum water per day)

The recommendation is to drink:

- **2 glasses after waking up** to help activate internal organs
- **1 glass 30 minutes before a meal** to help digestion
- **1 glass before a bath** to help lower blood pressure
- **1 glass before going to bed** to help avoid a stroke or heart attack

Drinking adequate water can:

- help stop confusing hunger with thirst
- suppress and regulate the appetite
- help with weight loss
- fight infection
- help with heart health
- help prevent constipation
- release toxins from the body
- hydrate the skin and improves its elasticity
- nourish our cells
- eliminate headaches
- improve blood pressure
- improve arthritis
- increase the metabolism by 3%
- improve productivity

Lack of drinking adequate water can contribute to

- headaches
- low blood pressure
- overeating

Consider making this 'healthy change for a healthier you'!

To Your Health,

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