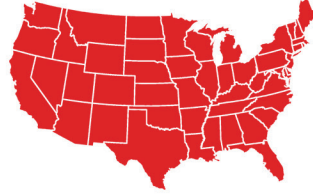


# Water is an Essential Element of Life



Humans =  
**60%** Water



**75%** of Americans  
are mildly Dehydrated

Children perform better in school  
if they are sufficiently hydrated



A **5%** decrease in water may  
cause fatigue and dizziness.

**Dehydration can decrease  
mental & physical performance**

General Guidelines **Consume 8,**  
**8-oz servings of water per day.**



Drinking 5 glasses of water/day  
can reduce the risk of colon cancer  
by **45%**, breast cancer by **79%**  
and bladder cancer by **50%**



## Best Time to Hydrate

**12 oz in the a.m.** replenishes your body and provides an energy boost.

**12 oz before meals** controls cravings & creates sense of fullness.

**8 oz throughout the day** raises metabolism.



**GastroDoxs**  
defenders of the digestive system

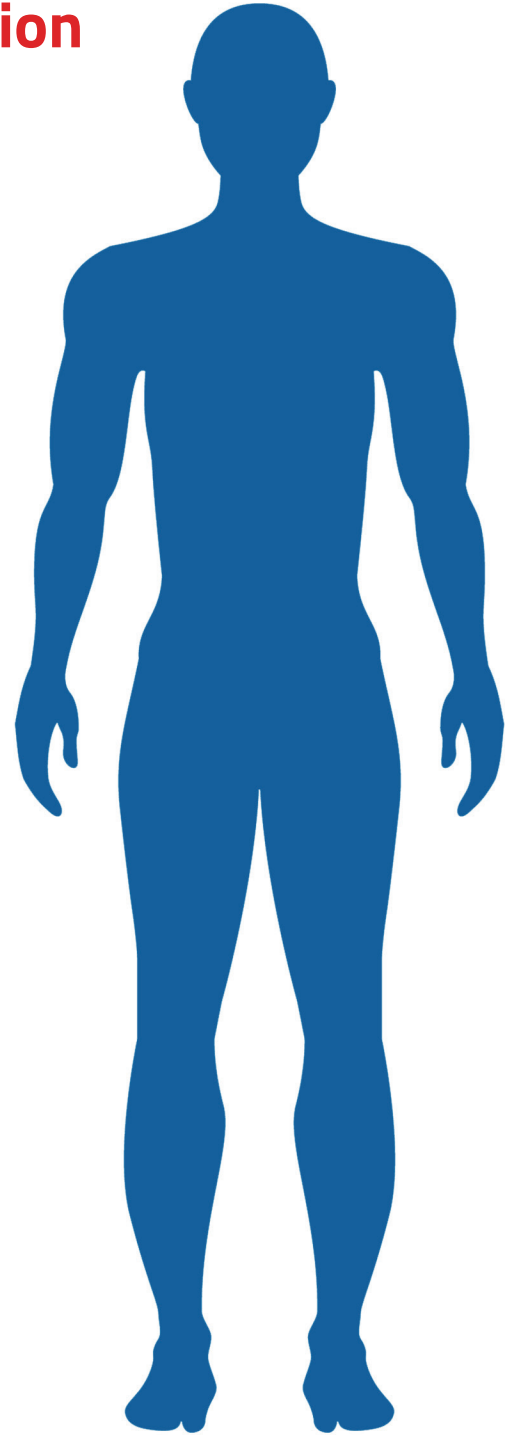
# Water is an Essential Element of Life

## Surprising Symptoms of Dehydration

- ◆ Dizziness
- ◆ Headaches
- ◆ Fatigue
- ◆ Chills
- ◆ Skin Flushing
- ◆ Muscle Cramps
- ◆ Nausea

## Water at work in your body

- ◆ Cleanses toxins
- ◆ Protects organs and tissue
- ◆ Lubricates Joints
- ◆ Lowers chances of heart disease
- ◆ Carries nutrients and oxygen to cells
- ◆ Prevents constipation
- ◆ Regulates body temperature

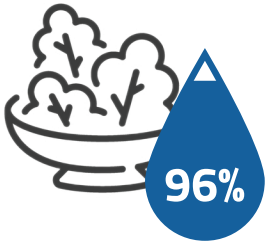


GastroDoxs  
defenders of the digestive system

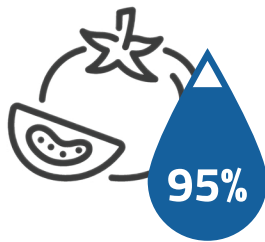
# Water is an Essential Element of Life

## All Fluids Count

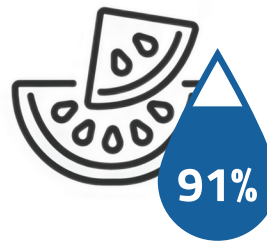
**LETTUCE**



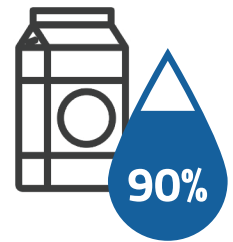
**TOMATO**



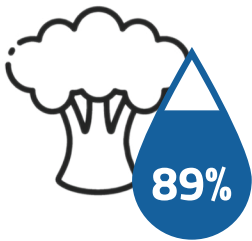
**WATERMELON**



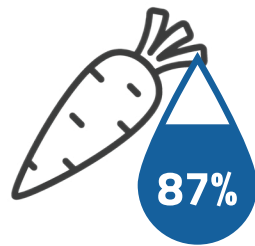
**LOW-FAT MILK**



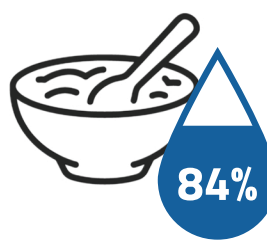
**BROCCOLI**



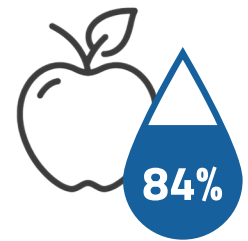
**CARROTS**



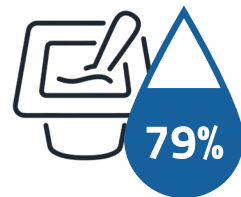
**OATMEAL**



**APPLES**



**LOW-FAT VANILLA YOGURT**



**ICE CREAM**



## Hydrate

Have a drink with every snack and meal.  
Eat more fruits and veggies. About 20% of fluid intake comes from foods.  
Take a bottle of water everywhere you go.



**GastroDoxs**  
defenders of the digestive system