



Body Talk

Hydration

Every reaction and function in the body requires water. The body consists of 70 – 80% water, and blood plasma reaches as high as 92%. Every aspect of our function, whether it is communication, production or bio-chemical reaction is all dependant on water.

The role of water in communication – water has a role not only through our central nervous system, but in our main system of communication - the electro-magnetic system. The balance of water influences the balance of communication. If there is no water, than there is no communication. And if the communication has broken down, we have no bio-chemical reactions and therefore no life.

This particular technique looks at how your body uses water. Not how much your body is taking in, but what is your body doing with it. This balance is about what your cells do with that water. Is the water utilised by the body or does it simply flush right through?

This is a very common symptom for someone who has hydration - they will urinate frequently.

In this technique we are looking at the movement of water across cell membranes. This is in both directions – into the cell (absorbing nutrients into the cell) and out of the cell (getting rid of waste products). This hydration balance is not only an absorption balance, but also a detoxification balance.

Symptoms of dehydration:

1. Poor energy
2. Malnourishment – cells not absorbing nutrients, vitamins, minerals.
3. Decreased Nervous system functioning – ineffective communication of neurotransmitters resulting in diminished brain function. Our electromagnetic system communication relies on electrolyte balance.
4. Dryness in the body - skin, nails and hair.
5. Cellular degeneration – dehydration alters the balance of amino acids.
6. Swelling (oedema) – because lymphatic system is compromised (viscosity).
7. Learning disorders – electromagnetic communication needs water to 'fire'.
8. Compromised immune system - lack of water causes lymph system to clog up and become viscous resulting in deficient immune activity. Toxins are unable to be removed through cell walls, resulting in immune deficiencies.

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MindBody Connection encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

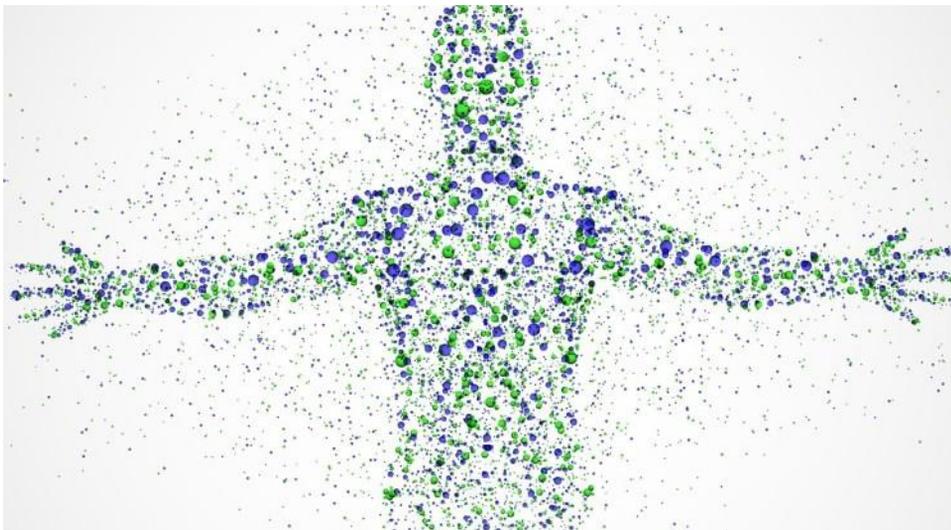


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Benefits of Hydration technique

- Reduction of muscle contraction/spasms
- Rejuvenation of Skin
- Improved Communication
- Improved Nerve Transmissions
- Improved Nutrition
- Improved Lung Function
- Decreased Chronic Pain Levels
- Mental Clarity
- Improved Lymphatic Movement and Increased Detoxification of Tissues.



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