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IN THIS MENTOR SESSION:

- Water is just as amazing as you thought it was!
- New research on the benefits of water
- How much do I really need to drink?

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Health Mentor Programme - Water part 1

MENTOR SESSION 2

Let's start at the very beginning!



In part 2 we will look at:

- 1) Why drinking water can harm you
- 2) Chlorine in water - friend or foe?
- 3) The fluoride issue
- 4) Sewage and other smelly issues
- 5) Hormone contamination
- 6) To purify or not to purify, that is the question!

...and the beginning when it comes to health issues is, of course, water! I feel very strongly about the issue of water and would thus like to share several ideas with you over the next two mentor sessions.

In this session we will look at:

- 1) Water physiology (basically the scientific term for how something functions in the body)
- 2) Why water is so important
- 3) What unique information exists about water
- 4) How much to take

Basic facts

Most of us know that a large part of our body is made up of water. Here is an interesting list showing the differences in body water percentage in the different age groups. This just reminds us how important water is! ¹

Age	% of body weight
Newborn	80%
Children 1-9yrs	59%
Young men	62%
Young woman	52%
Older people	50 - 53%

Thus, in more plain terms... the body of an average 70kg male contains approximately 44 liters of water and a 57kg female about 32 liters!

A main roleplayer

The question of why healthy water consumption is so important is best answered when we look at what water does in the body? ¹

5) Daily excretion of toxic compounds from your body (yes, this is also important...)

6) Body temperature control

The role of water in the human body:

- 1) The transport of chemical compounds in your body
- 2) Providing the substrate in which **ALL** chemical reactions in your body take place
- 3) The healthy functioning of your blood (rather important don't you think!?)
- 4) Healthy intestinal functioning including the absorption of food and, of course, regular bowel movements!

Proper absorption of food is dependant on enough water



Special features

1) Studies have proven that the regular consumption of water aids weight control.

2) The consumption of water has been associated with an increased thermogenic (fat burning) effect in the human body ²

3) A study that followed 20 000 people showed that consuming too little water could be a risk factor for the development of heart disease. In fact, if women consume 5 or more glasses of water per day their risk of developing fatal heart disease is reduced by 41%! ³

4) Protection against colds and flu. Now you're probably asking what do colds and flu have to do with water consumption? The answer is simple. Your main line of defense against upper respiratory tract infections by bacteria and viruses are the mucous membranes in your throat. If you want them to function properly and protect you against pathogenic invaders then you need to keep them WELL hydrated.

Prevent colds and flu in winter by drinking enough water!

How much!?



The **Mayo Clinic**, which is one of the most respected medical institutions in the world, has a sensible approach to water consumption.⁴

Step 1: Replacement approach:

'The average urine output for adults is 1.5 liters a day. You lose close to an additional 1 liter of water a day through breathing, sweating and bowel movements. Food usually accounts for 20 percent of your fluid intake, so you if

you consume 2 liters of water or other beverages a day (a little more than 8 cups), along with your normal diet, you can replace the lost fluids.' The rule of 6-8 glasses of water a day thus applies...⁴

But what about winter!?

Yes, it's cold so what now? I usually try to focus on taking hot beverages like teas with no caffeine or normal teas that at least have less caffeine than coffee.

*2 liters of
water a day is
a rough
estimate of
daily need*

Step 2: Special factors that influence fluid needs:

A) Environment: When it's hot you need more fluid. When it's cold be sure to also drink enough water as often people avoid water in winter because they want to avoid going to the toilet too often!

B) Exercise:
'Drink 2 cups of water two hours before long endurance events like marathons or half-marathons. One to

2 cups of water is also adequate for shorter bouts of exercise.

During the activity, replenish fluids at regular intervals, and continue drinking water or other fluids after you're finished. During intense exercise involving significant sweating, for example, during a marathon, sodium is lost in sweat, and you may need a sports drink with sodium rather than just water.'⁴



C) Pregnant or breast-feeding.

'Women who are pregnant or breast-feeding need additional water to stay hydrated and to replenish the fluids lost, especially when nursing. The Institute of Medicine recommends that pregnant women drink 2.3 liters (nearly 10 cups) of fluids a day and women who breast-feed consume 3.1 liters (about 13 cups) of fluids a day.'⁴

D) Illnesses or health conditions.

In light of all the wonderful benefits listed for water it makes per-

fect sense to keep your hydration levels perfect when your body is fighting disease. Take note that when you have a fever, are vomiting or have diarrhoea you lose a lot of fluid and you should increase your fluid intake. (Sometimes it may be necessary to use electrolyte replacement solutions like some sports drinks or a home made electrolyte replacement solution.

See the recipe at the end of the article and the important notes about dehydration.

Who needs to be careful?

When to be careful with high quantity fluid intake:

People with heart failure, or kidney, liver, adrenal and thyroid diseases should be careful how much fluid they consume. Check with your health practitioner how much is right for you.

Making it practical?

Practical tips:

1) Start your day with a glass of water. Let this be the very first thing you do when waking up. Remember that you don't drink while sleeping and thus you wake up slightly dehydrated.

2) Keep a water bottle close by especially if you don't have access to 'clean' water. (I purify my own water and trust it more than some bottled water prod-

ucts. It works out cheaper this way)

3) Go slow on beverages that cause fluid loss like coffee and caffeine-containing teas and soft drinks. People often think that they are consuming enough water through the beverages they drink when, in fact, they are losing water due to the diuretic effect of some of these beverages!

Drink to your health!



Home-made rehydration solution

Electrolyte replacement solution:

If you don't have access to electrolyte solutions or sports drinks to replace electrolytes, you can use this simple recipe that I believe has saved countless lives worldwide.

This solution can be given to adults and children as well as to babies younger than 1 year old when vomiting and diarrhoea have caused significant fluid loss.

- 1 glass of water
- 1 teaspoon of sugar
- 1 pinch of salt

Drink small sips of this solution as regularly as possible.

Note: When giving this solution to a baby or when you're not sure about the cleanliness of your water source you should **always** boil the water.

Signs of dehydration:

Adults: Severe thirst, dry mouth, skin that loses its elasticity, dark coloured or less urine, muscle cramps and weakness, rapid pulse and breathing, confusion.

Babies: Dry mouth, sunken eyes, a sunken fontanel, skin that loses its elasticity, reluctance to drink, inability to pass urine or cry tears, high fever, lethargy, cold hands and feet, rapid and weak pulse, rapid breathing, confusion, loss of consciousness.

Other solutions:

There are tailor-made rehydration solutions that you should rather use if you have access to them. The point is this, **DON'T** delay rehydration because you're waiting for the right product, make your own solution right away until you can get more tailor-made products!

Sugar: Use **ONLY** when you know you or your baby is dehydrated. The refined sugar in emergency situations is metabolized by the body in a healthy way but not when you use it as a daily habit!



(NB: Never delay taking your baby to your health care practitioner if you suspect severe dehydration!)

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About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist, has a master's degree in Applied Human Nutrition and is the South African programme director for the Robertson Wellness Brain Chemistry Optimisation Programme.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and television has been able to guide scores of audiences with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

Want more!?



Dr Anton



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