



VIBRANT LIVING WITH DR. RITAMARIE

MS, DC, CCN, DACBN

ENERGY RECHARGE PROGRAMS TO GIVE YOU BACK YOUR PASSION AND PURPOSE!

# Water in the Cause, Cure and Prevention of Disease

*with*

*Dr. Ritamarie Loscalzo*



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**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, [drritamarie.com](http://drritamarie.com), and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

# Hydration

- ✓ Function of Water
- ✓ Types of water
- ✓ Quantity



# Signs of Dehydration

- ✓ Feeling tired
- ✓ Feeling flushed
- ✓ Feeling irritable feeling anxious
- ✓ Feeling dejected
- ✓ Feeling depressed
- ✓ Feeling heavy headed
- ✓ Disturbed sleep
- ✓ Short attention span
- ✓ Shortness of breath
- ✓ Cravings for stimulants and alcohol
- ✓ Dreaming of oceans

# Health Challenges Associated with Dehydration

- ✓ Asthma
- ✓ Allergies
- ✓ High blood pressure
- ✓ Diabetes
- ✓ Constipation
- ✓ Autoimmune diseases

# Pains Associated with Dehydration

- ✓ Heart burn
- ✓ Angina
- ✓ Low back pain
- ✓ Rheumatoid Arthritis
- ✓ Ankylosing Spondylitis
- ✓ Migraines
- ✓ Colitis
- ✓ Fibromyalgia

# Preventing Dehydration

- ✓ Balance between water and salt
- ✓ Avoid dehydrating beverages
- ✓ Exercise
- ✓ Balanced daily diet

# Interesting and Little Known Facts about Water

- ✓ Your body recycles about 10,000 gallons of water every 24 hours.
- ✓ Most people are running around with a deficit of between 6 and 10 cups.
- ✓ By the time you notice thirst you are usually down between 2 and 3 cups.

# General Guidelines about When to Drink

- ✓ Drink water/beverages between meals. The ideal spacing is 30 minutes before eating.
- ✓ Drink whenever thirsty, even during meals if you have to. While not ideal to drink during meals, if you are thirsty you should drink. If you drink during meals, sip slowly...don't gulp.
- ✓ Drink water 2 ½ hours after a meal.
- ✓ Drink water first thing in the morning: 2 - 3 cups/glasses to optimize bowel function.
- ✓ Drink water ½ hour before exercising.