

The Healing Power of Water

I almost made it through the entire year of 2019 without getting sick, and then it happened. Just a couple days away from 2020 and then wham! All of a sudden my head starting aching, my eyes and nose started running like a leaky water faucet, and my body began to ache from my head down to my toes. It was a typical cold traveling from my sinuses down to my lungs, but the good thing was that it only lasted a couple days. Over the past several years I had become quite used to having at least two colds a winter. Sometimes they got pretty severe with fever and even a little walking pneumonia a couple of times. So the past couple of years I was starting to feel extremely confident about some new health habits that I had been trying.

Here's what I have been doing that has really helped me personally to stay healthy the past couple of years. It's really quite simple. It all starts at the beginning of each day. As soon as I wake up I hop out of bed, and walk over to the kitchen sink where I fill a large sixteen ounce glass to the top with water, I then tip it back and drink the entire glassful one swallow at a time. It's not always easy to force that much water into my stomach first thing in the morning, but I do it. I saw an article a couple years ago which said that this was the best way to keep your immune system at its peak, and sure enough, it has worked like a charm. It is now second nature for me; it is my routine to begin the day in this way. The article went on to explain that drinking a large glass of water before every meal is also very beneficial as well for a wide variety of reasons including improving digestion.

For years I taught nutrition classes to high school kids and we would discuss the benefits of different fruits and veggies. We learned facts like how bananas are a natural anti inflammatory and can help relieve pain in the joints. We became educated in the fact that hot peppers, garlic and onions are really good for removing toxins from our blood and they bolster the immune system as well. It is just amazing how God has created foods to be so beneficial to our health, but I didn't realize how good old fashioned water played such a powerful part in helping us to stay healthy.

When I was a kid almost everything we ate and drank came from the farm, either from the garden or from the barn. We took very little medication of any kind and I've tried to raise my family in this same way. I Timothy 4:4 Since everything God created is good, we should not reject any of it but receive it with thanks.

Yes, I have had a pretty good run the past couple of years, and I am ready to begin a new run of sickness free months starting as soon as I can shake this. So until next week, stay healthy and God bless!