

*Motion is Lotion, live an oily life will educate you on improving your nutrition, lowering your stress, and providing tips on how to increase energy naturally as well as what to look for in terms of how to keep your body flexible and oily.*

## **Motion is Lotion: Live an Oily Life**

By JT Anderson

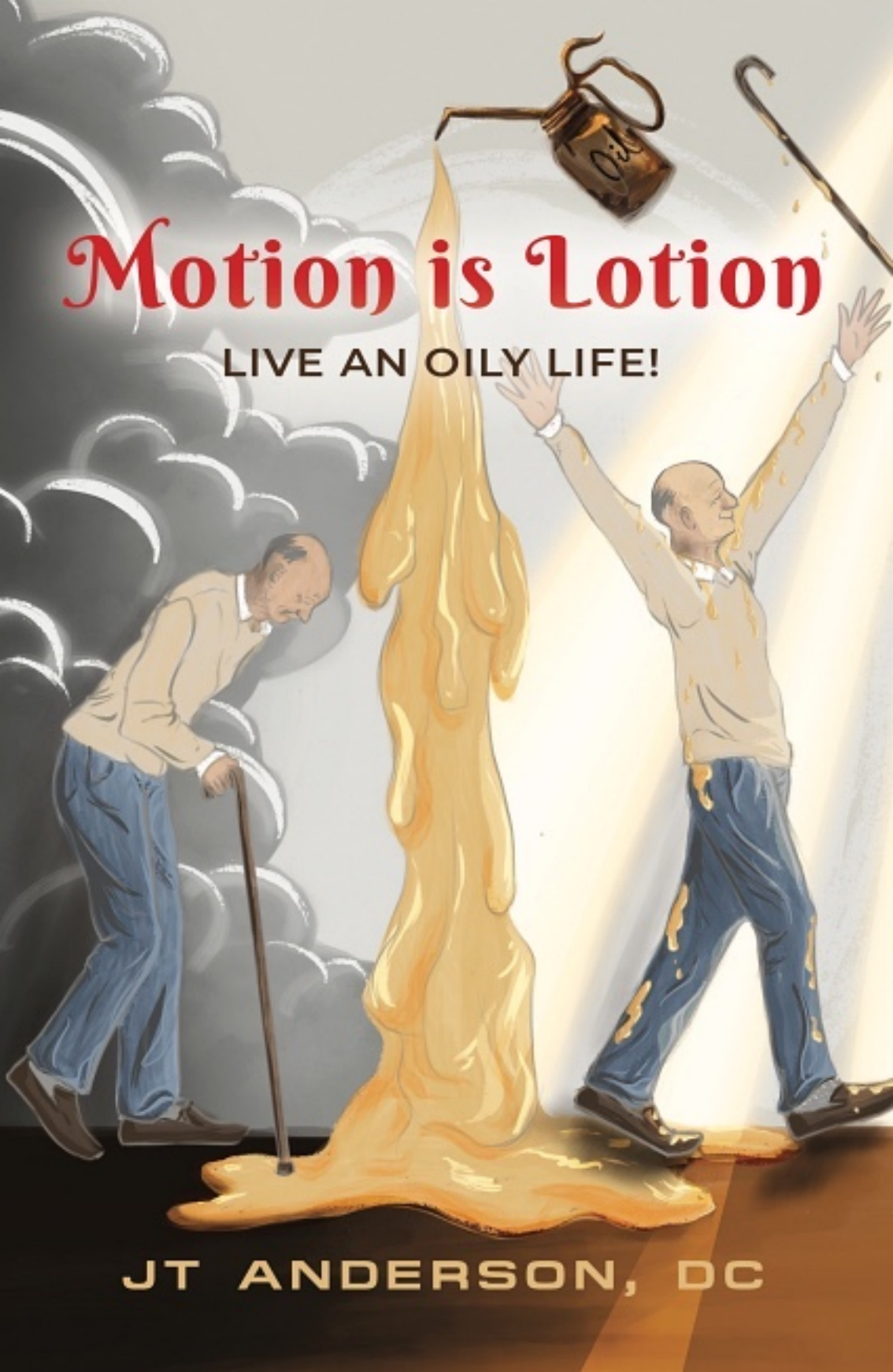
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# Motion is Lotion

LIVE AN OILY LIFE!



JT ANDERSON, DC

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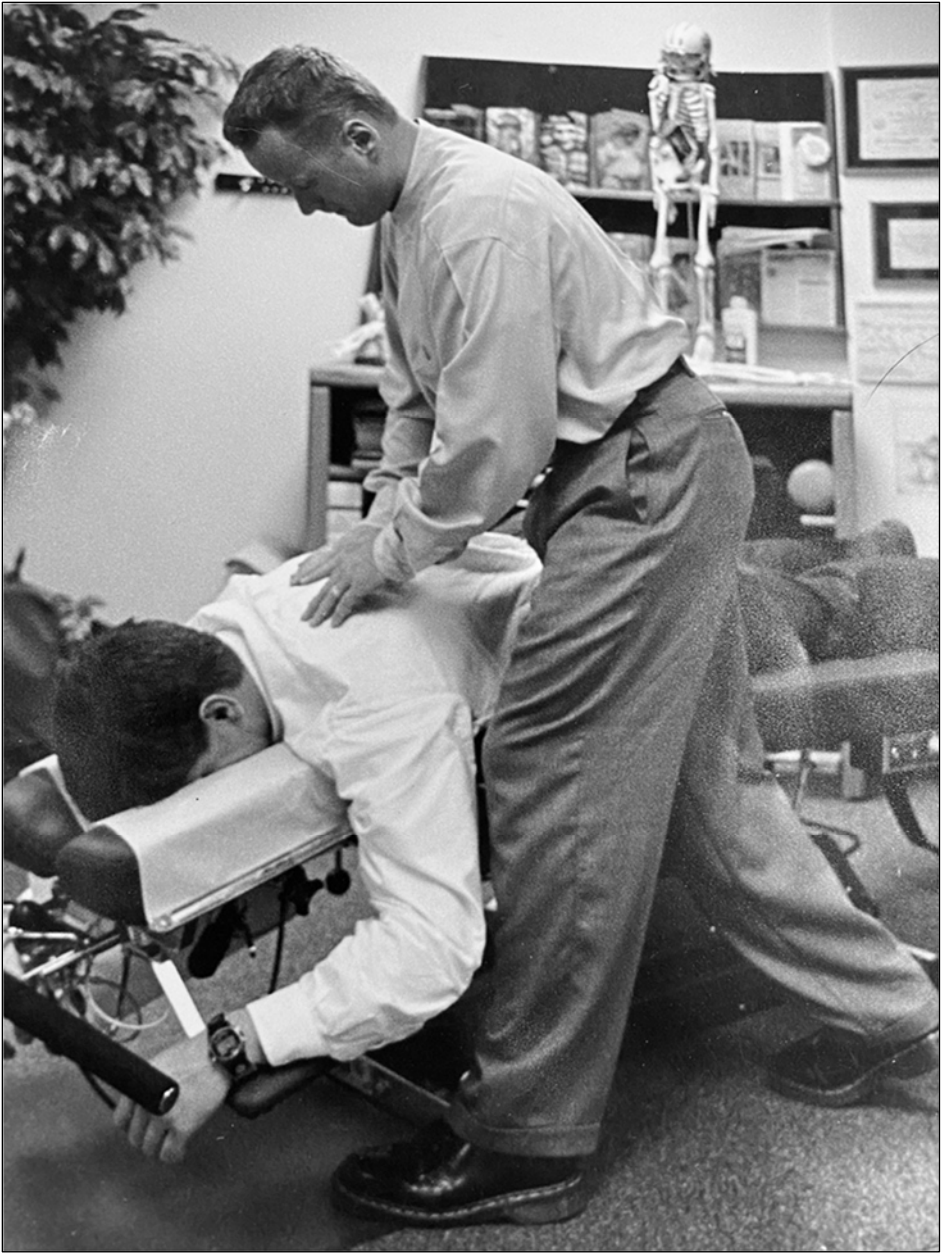
## About the Author

JT Anderson (Doc JT) has been in chiropractic practice for over 28 years and has been the team chiropractor for the Denver Broncos, Colorado Crush, and Denver Outlaws. He holds a chiropractic license in Colorado and Florida.

He is certified in Whiplash and Brain Injury Traumatology, Dry Needling, Spinal Decompression, soft tissue therapy using the Graston technique as well as a certification in extremity adjusting. He received his doctorate of chiropractic from Parker College of Chiropractic (now Parker University), in Dallas, Texas in 1995 and has an exercise kinesiology degree from the University of Northern Colorado.

His wife, Bethany, daughter Elle, and son Caden have lived in Colorado for many years and have built wonderful relationships in the community. Both his children attend Grand Canyon University in Phoenix, Arizona.

Additional books that Doc JT has written include, *Outside the Fence, a father's journey from coach to fan* and *No Bones About It- a memoir of a chiropractor* and *GolfTastic*. Check out [www.jtanderson.biz](http://www.jtanderson.biz) to connect.



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A long muscle is a strong muscle and the more flexible you are, the more powerful you will become. Most kids can bend into positions, move, and change directions that defy gravity and would cause many of us to pull a hamstring, tweak the lower back or strain the neck. As a chiropractor and someone who has treated many professional athletes including bodybuilders, football players, gymnasts, and dancers to name a few, those who concentrate on stretching and elongating their bodies are the healthiest and have the least risk of injury to their muscles and joints. Water intake, improved nutrition and de-stressing your body plays a major role in overall health. Motion is Lotion-Live an Oily Life, dives deep into how to improve your flexibility, energy, and vitality. Enjoy!

- Newton's first law of motion describes inertia. According to this law, a body at rest tends to stay at rest, and a body in motion tends to stay in motion.
- Healing is movement. Disease is inertia. If you put the body in motion, you will change.- Gabrielle Roth

# Chapter 1:

## Calling it on the Carpet

Picture your body, including your cells, as a battery that has a shelf life. When pulled fresh out of the box and placed into the engine, the battery is powerful, responsive, and juiced. As time goes by, the power dims and becomes less effective and sluggish, eventually needing to be replaced. We have been provided a gift, which is our health, and you get to decide how to take care of it. Each time you choose what to eat or drink, you have to remind yourself is this going to heal or steal from your body. It's easy to feel invincible when you are in your 20's, thinking nothing of the future when you sit down and eat an entire pizza with a coke or stop by a fast-food restaurant and order a double hamburger, fries and a soda. The habits that are formed in your youth will show up as you age in the form of hair loss, weight gain, sagging skin, puffy eyes, organ dysfunction, joint and muscle pain. Many of us who are 50 plus look back and wonder how fast time has flown by. We find there are many habits we would change when it comes to our health, if we could only predicted the future. Eating healthier, avoiding harmful substances like excessive alcohol, caffeine, nicotine, or worse can change the course of your body's health years from now. How about adding more exercise and stretching into your daily routine? Did you know drinking water throughout the day can provide energy, curb sugar and carbohydrate cravings and can help with joint pain, muscle aches and headaches?

Have you ever seen a hamster cage and the large wheel that is found inside? The hamster hops on the wheel, runs until it gets tired, thirsty, hungry or bored and then hops off until the next go around. We too jump on the hamster wheel of life as soon as we wake up, rarely stepping off until we go to bed and then begin all over again in the morning. This taxes your body and nervous system. The more times you take a break from the wheel of life and focus on your health, the less stress is being placed on your body and organs. What is needed is a plan of action. Journaling keeps you accountable,



*JT Anderson*

otherwise you lose your direction, motivation and desire, falling back on bad habits that are not good for your overall well-being.



## **Chapter 2: Waterlogged**

What's missing in beef jerky? Water! Dehydrating beef by eliminating water from it makes it inflexible and weak. Removing water from muscles can reduce its weight anywhere between 1/2 to 2/3 of the original weight. For example, 3 pounds of raw meat can shrink down to 1 pound.

Water, or H<sub>2</sub>O, is the most important substance that you can provide to your body. Between 55% and 78% of your body is made of water. Newborn babies are about 78% water, a one-year-old is about 65%, adult men are approximately 60% and adult women average 55%. Your brain and heart are made up of 73% water. Your bones are 31% water, muscles and kidneys are 80% and your skin is 65%. A whopping 83% of water makes up your lungs. With aging, there is a rapid decline in total body weight and correlates with a loss of overall muscle mass and muscle strength. The elderly are extremely vulnerable to chronic dehydration which speeds up frailty to the muscles, bones and skin. A lack of water will cause balance issues, skin thinning, with which you may see open wounds/cuts from a brush against a sharp surface,

and difficulty with simple tasks like going from sitting to standing due to stiffness of the joints. Osteoporosis (bone thinning) is a threat to those who are water deprived, combined with decreased balance and a lack of strength. Those who are dehydrated and have slips and falls, are more prone to fracture hips or other bones in the body.

How can I tell if I am hydrated?

A simple way to gauge your level of hydration is to pay attention to the color of your urine. If your urine is very dark and has a strong odor, you are dehydrated and should increase your water intake. If your urine is completely clear, you are likely drinking too much.

What does water do for your body?

Water has the following main functions in the human body:

1. **Metabolic:** Water acts as a communication channel between the cells of the body. It allows for proper nerve transmission throughout the body, providing the necessary power to regulate organ function.
2. **Transport:** Blood is more than 90 percent water, and blood carries oxygen to different parts of the body. Nutrients, oxygen, hormones, waste all depend on water to exchange in and out of cells and organs.
3. **Temperature Control:** Water maintains a constant body temperature. Often people complain of having cold hands and feet or are always cold or in cases, can't cool down. Water is a direct link to regulating the temperature of the body.
4. **Mechanical:** Water acts as a lubricant in the mouth (saliva), eyes (tears) and joints (synovial fluid), protects and promotes cleansing, and prevents injuries and fractures by adding flexibility and elasticity to tissues.

Water comes from three main sources: food, liquids and metabolism. Food contributes approximately 20% of total water consumption, while beverages provide 70–75%. As stated, dehydration has more severe consequences in the elderly compared to young people because the ability to maintain body awareness in the elderly decreases. The causes of dehydration in the elderly

is related to a reduced thirst sensation, and a reduced ability to urinate. In individuals aged 60–79 years old, in comparison with younger adults, maximum urine elimination is 20% and 50% lower, respectively. Ageing is characterized by slow and progressive process of dehydration and stress, which, apart from being related to inflammation, causes cell shrinkage and damage to intracellular protein structure. This will significantly decrease muscle mass, causing weakness, a loss of balance and fatigue.<sup>1</sup>

# Chapter 3:

## 16 Facts about Water

### 1. Muscle and joint pain

Muscle tissue consists of about 75-80% water, which helps to form protein in muscles, stabilizing and protecting joints. Synovial fluid is the thick lubrication located between the joints, giving you a cushion so the bones don't come in contact, which can lead to degenerative arthritis. Water is needed to transport nutrients to your cells and eliminate waste from the body. It also helps form the structures of protein and glycogen (blood sugar levels). In order to move and flex your muscles, you need water. If your body is dehydrated, your muscles will be deprived of electrolytes and cramp. Water is specifically recommended because it can flush toxins and other irritants out of the body and reduces inflammation that breaks down muscles, ligaments and tendons as well as cartilage.

Dehydration can reduce muscle tone by preventing muscles from contracting or firing. The best way to beat dehydration is to drink before you get thirsty. If you wait until you're thirsty, you're already dehydrated.

### 2. Weight loss

When the stomach senses that it is full, it sends signals to the brain to stop eating. Water takes up space in the stomach, leading to a feeling of fullness and reduced hunger. A person may also think that they are hungry when they are actually thirsty. Drinking a glass of water before reaching for something to eat can help to curb unnecessary snacking.

In a 2014 study, 50 overweight females drank 500 milliliters (mL) of water 30 minutes before breakfast, lunch, and dinner, in addition to their regular water consumption, for 8 consecutive weeks. The participants experienced a reduction in body weight, body fat, and body mass index. They also reported appetite suppression. <sup>ii</sup>

Without water, the body cannot properly burn fat or carbohydrates. The process of metabolizing fat is called lipolysis. The first step of this process is hydrolysis, which occurs when water molecules interact with triglycerides (fats) to create glycerol and fatty acids. Drinking enough water is essential for burning off fat from food and drink, as well as stored fat.

### **3. Improved energy**

Water is the key for most chemical reactions in the body, especially those metabolic reactions involved in energy production. The body uses water as a coolant, helping to regulate body temperature during exercise, fever and in hot environments. When you are dehydrated, energy output diminishes considerably. A boost in metabolism has been associated with a positive impact on energy level. One study found that drinking 500 milliliters of water (just over 16 ounces) boosted the metabolic rate by 30 percent in both men and women. These effects appeared to last over an hour. <sup>iii</sup>

Water facilitates the transportation of food, minerals and blood in the body which eventually keeps you energized throughout the day. Water has the power to eliminate fatigue by keeping you refreshed and productive, focused, and motivated. How many of our kids come home after school wiped out, irritable and just shut down? They just can't seem to drink enough water during the day, and it is vital to have them drink water in the morning, at midday and certainly after school into the evening. <sup>iv</sup>

### **4. Detoxification and digestion**

Water promotes regular bowel movements and helps flush harmful toxins out of the body. It helps break down the food you eat, allowing its nutrients to be absorbed by your body. After you drink, both your small and large intestines absorb water, which moves into your bloodstream and is also used to break down nutrients. Drinking water immediately after waking up, your body releases toxins, which begin movement in your bowels. This process will improve your digestive system. Without water, the contents of your colon can dry out and get stuck, eventually causing constipation. Water is a natural lubricant that softens stool and promotes evacuation of the bowels. Water is also important to our kidney system and filtering capabilities and is

completely dependent upon water in order for it to work properly. The kidneys remove waste products from the blood, eliminate toxic substances in the urine, and receive water-soluble toxins from the liver for processing. They filter approximately 150 quarts of blood each day and in doing so maintain the body's water balance, excrete toxins, and excess fluid through the bladder.

A study surrounding water intake using rats as subjects, concluded that "withholding of water during meals does not appear to interfere with digestion but it definitely decreases appetite and effects a reduction of food intake."<sup>v</sup>

## **5. Lowers blood pressure and cholesterol**

The number one killer in America is actually heart disease. High cholesterol and high blood pressure can lead to serious heart conditions. But these two causes can be prevented. The American Heart Association says that one in five American's has too high a cholesterol level. But first, just what is cholesterol? Cholesterol is a waxy, fat-like substance called a lipid that is found inside cells and blood. It is produced naturally in the liver, but some of the "bad" cholesterol comes from the food we eat, mainly in animal fats. While too much cholesterol can be harmful, a certain amount is necessary for bodily functions, such as making cell walls and acting as a building block to produce various hormones, bile acids, and Vitamin D.

Having too much cholesterol can block blood flow, resulting in a thickening and hardening of artery walls, a disorder called arteriosclerosis. Since this also narrows the arteries, blood flow can be slowed down, or even blocked. With less blood, the heart, therefore, gets less oxygen. That can result in chest pain, heart attack, or something as drastic as death. Lowering your blood cholesterol level is one of the best ways you can decrease your risk of heart disease. And, even if your cholesterol is close to the desirable range, 200 milligrams per deciliter of blood, you can lower it and reduce your risk of heart disease.

With all this thickening going on, water can play a very important role. Drinking water can actually thin the blood, making it a natural way to help the

blood pump more smoothly. When the body is dehydrated, the blood becomes acidic which can lead to a build-up in LDL levels of cholesterol. Drinking plenty of water will keep your blood ways clean and eliminate the excess buildup of cholesterol waste from the body. Drinking plenty of water will keep your blood ways clean! Moreover, drinking lots of water can improve your metabolic rate, which may help you lose weight. Since exercise, along with a healthy diet, is an important contribution to the lowering of cholesterol, once again, water needs to be drank in order to replenish what was lost. In fact, consumption of water so you are fully hydrated can increase your metabolic rate!<sup>vi</sup>

## **6. Moisturizes the skin and reduces acne**

Recent research suggests that diet may play a central role in skin health, especially when it comes to acne. In fact, studies show that certain nutrients, food groups, and dietary patterns may contribute to the development of acne. Nevertheless, whether drinking water impacts skin health has been a subject of controversy.

Keeps your skin hydrated! Drinking water is primarily thought to prevent acne by promoting proper skin hydration. Dry skin can trigger excess oil production, which could contribute to acne. Several studies have found that upping your intake of water may help keep your skin soft and smooth when used alongside a moisturizer and other skin care products. For instance, one 30-day study in 49 women observed that drinking an additional 68 ounces (2 liters) of water daily significantly improved skin hydration. Another review of six studies concluded that increasing fluid intake enhanced the hydration of the outer layer of the skin while reducing skin dryness and roughness.<sup>vii</sup>

## **7. Prevents headaches**

Headaches are common and can be prevented. It is estimated that 45 million Americans suffer from headaches each year; 1 out of 6 men and 1 out of 5 women. \* The causes of headaches can be categorized into three phases: physical stress, mental and chemical/nutritional stress. Regarding water, when you are dehydrated, your brain shrinks, pulling away from the skull, the pressure on nerves increase causing pain. Even mild dehydration can lead to



a headache. When you drink water and other fluids, the brain plumps up to its previous size and the pain goes away. Before you reach for pain medication, try drinking water to see if that helps to resolve your headache. You might be surprised to find that drinking more water will prevent headaches and keep you feeling energized all day long.<sup>viii</sup>

## **8. Slows the aging process**

Water keeps your body hydrated and refreshed and helps maintain your skin's elasticity. People who drink large amounts of water are less likely to suffer from scars, wrinkles, and soft lines and they won't show as many signs of aging as those who drink little amounts of water. Dr. Steven Deliduka, a board-certified dermatologist with Forefront Dermatology, said in a recent article published by Forefront that water can play an important role in the wrinkles and pores in your skin. He says that without water intake, your skin will seem duller. That's because dry skin is actually prone to wrinkling. Deliduka says that if you are properly hydrated, your skin will actually become plump and will improve elasticity. Elasticity will help in keeping your skin look young, and it will be less likely to crack or have blemishes. Along with drinking water, these eating habits can help with your skin elasticity as well!

Drinking ample water balances the oil and water content on the skin of your face and helps prevent excess oil and sebum secretion, which means fewer clogged pores and acne. Adult acne is getting more common these days due to busy lifestyles and lack of hydration.<sup>ix</sup>

## **9. Diabetes**

When it comes to hydration, water is the best option for people with diabetes. Drinking enough water can help your body eliminate excess glucose through urine and reduces your blood sugar as it indirectly will reduce insulin resistance and help reduce hunger. It's also a healthy substitute for sodas and fruit juices. Those beverages are typically high in sugar. When you don't drink enough water, the glucose in your bloodstream becomes more concentrated. And that leads to higher blood sugar levels. Both mild and severe dehydration can have a notable impact on diabetes.

## 10. Cancer prevention

“Good hydration helps flush toxins out of the body and reduce treatment side effects, such as nausea, weakness, constipation and fatigue,” says Melissa Picchietti, RD, LDN, a Clinical Oncology Dietitian at Cancer Treatment Centers of America® (CTCA) in Chicago.

Source-water contaminants of concern include arsenic, asbestos, radon, agricultural chemicals, and hazardous waste. Of these, the strongest evidence for a cancer risk involves arsenic, which is linked to cancers of the liver, lung, bladder, and kidney. <sup>x</sup>

A recent assessment, however, shows that as much as 75% of the US population is not drinking enough water (2). Of those studies conducted to assess hydration and cancer risk, possible associations between water intake and bladder, breast, and colon cancers were found (3). One study found a significant association between colon cancer risk and water intake in men and women 30-62 years of age. Colon cancer risk was reduced in women that drank 5 or more glasses of water a day. For men, the risk was reduced with 4 or more glasses a day (4). Another more recent study (2013) found that colorectal cancer risk may be reduced, especially in women, by also consuming no less than 4 cups of water a day (5).<sup>xi xii xiii xiv</sup>

## 11. Eye health

Drinking ample amounts of water will help flush out salt in the body and properly hydrate your eyes to help reduce eye strain. Tears do not just appear when you cry. They constantly bathe your eyes in moisture, wash away debris, and help prevent bacteria from causing infections. Your tears consist of three layers: an outer oily layer, a middle watery layer, and an inner layer that contains mucus. Because your tears help light enter your eye easily, blurred vision can occur if your eyes become dry. If the condition is severe, dry eyes may even cause ulcers on your cornea, the clear layer of your eye that covers your iris. Poor hydration causes dry eyes, a common condition that affects most of us at some point in our lives. Here are some negative effects of dry eyes.

- Burning, stinging or irritated eyes
- Blurred vision or vision that fluctuates
- A scratchy feeling in your eyes
- An increase in mucus
- Trouble wearing contact lenses <sup>xv</sup>

## **12. Neurological disorders**

Dehydration can cause some serious negative effects on parts of the body, and the brain is no exception. When you don't drink enough throughout the day your brain functions at a lower level. It's important to prioritize hydration for both your body and brain.

Whether we're just busy, lazy, or simply thinking we are drinking enough, a lot of people probably aren't getting the right amount of water for their body and brain to function at its highest potential.

According to the Journal of the American College of Nutrition, even just 2% dehydration takes a toll on our brain function. Here are a few symptoms you may experience when you are not as hydrated as you should be:

- Memory loss
- Poor focus and Attention
- Slow processing of information
- Irritability
- Headaches

Dr. Caroline Edmonds and her team performed a study testing the effects of dehydration on brain performance and mood. They found that those who drank water before performing a cognitive test had a 14% increased reaction time compared to those who did not drink water. In addition to their decreased cognitive performance, those who were dehydrated reported being more confused and tense than those who drank water.

## **13. Depression and anxiety**

Can drinking plenty of water help alleviate depression and anxiety?

Several approaches can be taken to help manage mental health issues like depression, anxiety, and PTSD. Common approaches to managing mental health include counseling, medications, removing stressors from your life, exercising consistently, getting enough sleep, proper diet, meditation, yoga, etc. The list goes on.

There is one simple remedy that's been right in front of you all along, that you may not have picked up on yet: Helping your depression and/or anxiety by staying adequately hydrated throughout the day.

Every system in the human body counts on water to function, and the brain is no exception. In fact, about 75 percent of brain tissue is water. Research has linked dehydration to depression and anxiety because mental health is driven primarily by your brain's activity. Long story short, dehydration causes brain functioning to slow down and not function properly. It is important to think of water as a nutrient your brain needs.

Depression is a complex mental illness that has many moving parts in the inter-functionalities between your brain and body. Though it would be overly simplistic to say that dehydration is a direct cause for all types of depression, dehydration and depression are causally connected in many ways; in fact, one resulting symptom of chronic dehydration turns out to be depression.

Dehydration causes depression in at least three ways:

- Dehydration Saps Your Brain's Energy. Dehydration impedes energy production in your brain. Many of your brain's functions require this type of energy become inefficient and can even shut down. The resulting mood disorders that result from this type of dysfunction can be categorized as depression.
- Social stresses such as anxiety, fear, insecurity, ongoing emotional problems, etc., including depression can be tied to not consuming enough water to the point that your brain's tissue is affected.
- Dehydration impedes your brain's serotonin production. Depression is frequently related to subpar levels of serotonin, which is a critical neurotransmitter that heavily affects your mood. Serotonin is

created from the amino acid tryptophan, but sufficient water is needed.

Dehydration can also negatively impact other amino acids, resulting in feelings of dejection, inadequacy, anxiety, and irritability.

Dehydration increases stress in your body. Stress is one of the most prominent contributing factors to depression, along with a sense of powerlessness and inability to cope with stressors.

Dehydration is the number one cause of stress in your body. In fact, it's a self-perpetuating cycle: dehydration can cause stress, and stress can cause dehydration. When you're stressed, your adrenal glands produce extra cortisol, the stress hormone, and under chronic stress, your adrenal glands can become exhausted, resulting in lower electrolyte levels. Drinking sufficient water can help reduce the negative psychological and physiological impacts of stress.

As with depression, dehydration rarely causes anxiety as a cause by itself, but not drinking adequate water puts you at risk for increased anxiety symptoms now, and possibly the development of higher anxiety levels in the future. In short, dehydration causes stress, and when your body is stressed, you experience depression and anxiety as a result. Therefore, you want to ensure you are properly hydrated daily, especially if you are naturally anxiety prone.

Water has been shown to have natural calming properties, likely as a result of addressing dehydration's effects on the body and brain. Drinking enough water is an important step in managing your anxiety. Even if you're not experiencing anxiety, drinking sufficient water can create feelings of relaxation.

Panic attacks are common results of high anxiety caused by dehydration. Panic attacks typically have physical triggers, and one of those triggers is dehydration. When dehydration occurs, if you're prone to panic attacks, you can easily begin to panic, even to the point of feeling like you're dying.

When dehydrated, you expose yourself to many of the symptoms that trigger panic attacks, such as:

- Increased heart rate
- Headaches
- Muscle fatigue and weakness
- Feeling faint/lightheaded
- While keeping yourself hydrated may not stop panic attacks, they may become less frequent, or at least some of the triggers may be diminished. <sup>xvi</sup>

#### **14. Improves sleep**

Sleep deprivation can also adversely affect your heart health. Lack of sleep can influence one's potential for developing:

- high blood pressure
- high cholesterol levels
- weight gain

According to a 2019, adults who slept fewer than six hours at night were at an increased risk of having a stroke or heart attack.

Age can also play a role in your sleep and urinary cycle. The older you become, the more likely you will develop an overactive bladder. This could be related to medical conditions that can affect urinary bladder function, such as declining cognitive function due to dementia, or a stroke that will make it difficult for your brain to communicate signals to your bladder. Diabetes mellitus and benign prostatic hypertrophy can also affect your urinary bladder function.

#### **2 benefits of drinking water before bed**

##### **1. Improved mood**

According to a 2014, water deprivation can negatively impact your mood, which could affect your overall sleep-wake cycle.

The study examined a total of 52 high (22) and low (30) fluid volume intake subjects. People who normally drank a lot of water weren't as calm and didn't feel as many positive emotions when they couldn't drink as much as they normally did.

Those with a low fluid intake showed an increase in positive emotion, satisfaction, and calmness when they increased their water intake.

## 2. Natural cleanser

Drinking water- specifically hot or warm water is one natural way to help detox the body and improve digestion.

Warm water increases blood circulation, helps your body to be able to break down waste, and increases sweat output. Sweating will cause you to lose some fluid through the night, but it will also remove excess salts or toxins and clean the skin cells.

Drinking warm water before bed will keep you hydrated through the night and may help the body to rid itself of unwanted toxins. It may also help to relieve pain or cramping in the stomach.

If plain water is too bland or if you're trying to beat a cold, consider adding lemon to your water before bed. This can give an interesting flavor to the water, and lemon also contains vitamin C, an added benefit that can help to boost your immune system as it fights infection. <sup>xvii</sup>

## 15. Osteoporosis

Water is among the first and most important things your body needs to function. There is simply no system, organ, or body part that does not need to be hydrated in order to function. This means that your bones need adequate hydration to stay healthy, too. It might come as a surprise, because most people probably don't associate hydration with bones, but dehydration can lead to osteoporosis and other musculoskeletal conditions.

## **What does water do?**

Water makes up about 60% of your body weight. It regulates our body temperature, makes waste elimination possible, and keeps the entire body lubricated. The water we drink helps cushion joints, and even helps to process and absorb nutrients from food. If you don't drink enough water, or lose too much from sweating, your body becomes dehydrated. There are many effects of dehydration that most people aren't aware of.

Your bones are constantly reproducing cells to rebuild those lost from age and strengthen them with minerals stored within the bone structure. Far from being dry and brittle, healthy bones contain about 31% water. That's right; our bones are nearly 1/3 water. The marrow contained on the inside is responsible for the production of red blood cells. The amount of water you consume affects how well your bones can do their job.

Water brings calcium and other nutrients throughout the body, including to your bones. You may know that kidney stones are comprised mostly of calcium, and they are partly a result of not drinking enough water. Even if you are careful to eat a diet rich in calcium and vitamin D, those nutrients will not make it to your bones without water. As your bones lose minerals and need to rebuild and strengthen, a lack of available calcium can lead to bone loss and eventually osteoporosis. Since water also helps rid the body of toxins, these substances can and do build up in the bones if there is not enough water to carry them away. This can lead to inflammation and a breakdown in bone mass.

It is well known that there are several possible causes for loss of bone density, but this is one you can control. Drink plenty of water! <sup>xviii</sup>

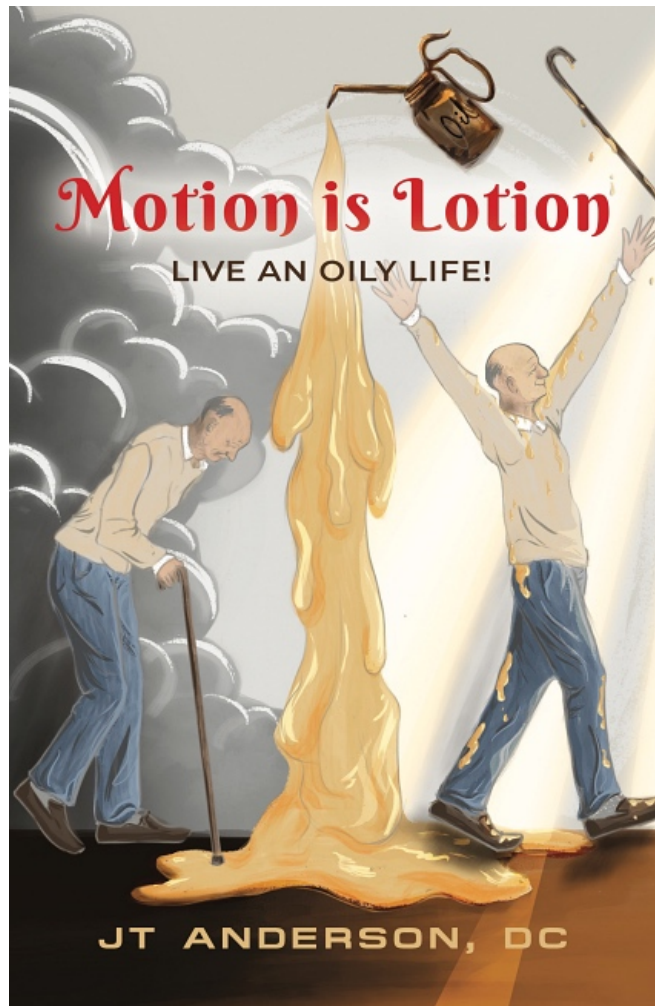
## **16. Immunity**

Water helps to carry oxygen to your body cells, which results in properly functioning systems. It also works in removing toxins from the body, so drinking more of it could help prevent toxins from building up and having a negative impact on your immune system.



You can also take a cold glass of water to the next level by adding lemon. The health benefits of lemon water are plentiful. Lemons are a great source of vitamin C, which is known to boost the immune system, prevent disease, fight the common cold and protect cells. Water with lemon juice squeezed in may also help digestion and aid in detoxification.

Sipping water in the form of hot tea is also a great option among immune boosting drinks. Tea has been linked to muscle endurance improvement and reducing the risk of heart attack. Drinking warm water, like tea, can provide antioxidants to your body – which may destroy harmful free radicals and protect against cancer.



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