

Destiny Management

The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

HOW IMPORTANT IS WATER?

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- Lack of water is the #1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory trouble with basic math and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79% and one is 50% less likely to develop bladder cancer.

Water is the single most important nutrient for you body. **Here is how to figure your requirements:**

Take your body weight in pounds and divide it by two. This represents the minimum number of ounces of water you need each day. Now, add 8 ounces for every 15 minutes of intense activity. You also get to add an extra ounce for ounce for any carbonated, caffeinated, or alcoholic beverage.

Do your best to drink the water evenly throughout the day. If you are thirsty, you are already dehydrated by 2% of your body weight. If you are going to the bathroom all of the time, it means you are dehydrated and the water you are drinking is being flushed out because your body is not ready for it. During this phase you will actually be more dehydrated than without drinking the water, but it is a necessary step. Continue to consistently drink the correct amount of water until you are not going to the bathroom all of the time. This should take roughly two days.