

jUNE '09

**Watered Down?**

*Is too much water bad for you?*

**Wellness in the Review**

*Find out why their dedicating a whole issue to wellness.*

**Cherries are coming**

*Here's a healthy and delicious way to enjoy them!*

## Water Works

*Do you drink enough water? If you don't, you're affecting almost every aspect of your health.*

Water provides true refreshment for the thirsty, but most people don't know that it also plays a vital role in all bodily processes. Unfortunately, most people don't drink enough water, perhaps because they don't realize just how important it is. The fact is, not drinking enough water affects every aspect of your body, right out to your skin.

**Essential for Life**

Although deficiencies of other nutrients can be sustained for months or even years, a person can survive only a few days without water. Experts rank water second only to oxygen as essential for life. Water supplies the medium in which your body's various chemical changes occur, aiding in digestion, absorption, circulation, and lubrication of body joints. Water is used for virtually all bodily functions, including carrying nutrients and oxygen around the body and eliminating waste. Water maintains body temperature through perspiration. It helps cushion joints and protect organs and tissue.

Even your skin is affected. Since your body's major internal organs snatch up water first, skin gets only what's left--if there is any. When you stay well hydrated, however, skin stays supple overall and plumped up, lessening the visibility of fine lines and wrinkles. Water constitutes about 90 percent of your blood; 75 percent of your brain and muscles; 25 percent of body fat, and 22 percent of bone. Males have a higher percentage of body water on average than females because they tend to have less body fat.

**Benefits of Water**

Water promotes good health in many ways, from reducing the risk of certain cancers to improving short-term memory and weight loss. For example, in a 10-year study of nearly 48,000 men, those who drank six eight-ounce glasses of water daily were half as likely to develop bladder cancer as those who drank just a glass a day. Although the study included only men (who run a higher risk of bladder cancer than women), drinking plenty of water and other fluids may well protect both sexes, says the study's lead author, Dominique Michaud, a researcher at the Harvard School of Public Health in Boston. Not drinking enough water can also make you fat. When you don't drink enough water, your body secretes a hormone, aldosterone, that causes tissues to hold on to almost every molecule of liquid water retention. New research shows that a decrease in water may cause your body's fat deposits to increase.

Another side effect of hidden thirst is that you may think you're hungry when you're actually thirsty. Drinking water throughout the day keeps your stomach feeling full and reduces the desire to eat. The colder the beverage, the greater its fat-burning power. Maximize calorie burn by keeping the water ice-cold. Kimberly Myers found this out after years of struggling to lose weight. "I could never figure out why I was always so hungry," Kimberly says. "But several months ago I read about how water deprivation can make you think you're hungry when you're not. I was skeptical, but I decided to give it a shot. I increased my water intake more than double of what it had been, and I no longer feel hungry all the time. The pounds have also been coming off consistently, and I feel better overall."

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In a two-year project (funded by the Brita Products Company) Susan Kleiner, nutritionist and assistant professor at the University of Washington, pulled together findings from more than 150 studies worldwide to present the most complete picture to date of the impact of hydration on health. "While we've long known the effects of severe dehydration, we're now beginning to understand the impact of chronic mild dehydration on health and performance."

Although more research is needed, Kleiner reports that one key study conducted at the Centre for Human Nutrition at the University of Sheffield in the United Kingdom found that water drinkers reduced their risk of breast cancer by 79 percent. In a separate study conducted at the Fred Hutchinson Cancer Research Center in Seattle, Washington, researchers monitored women who drank more than five glasses of water a day and found that their risk of colon cancer was reduced by 45 percent. According to Kleiner, research now shows that dehydration can trigger mitral valve prolapse--an irregular heartbeat--in women with the characteristic tall, thin body type associated with the disease. Kleiner reports that when the women in this study were rehydrated, their heartbeats returned to normal.

In a study conducted at the Defence Institute of Physiology and Allied Sciences, Delhi Cantt, India, Dr. Kleiner reports they found that a 2 percent loss of body fluid affected short-term memory and reduced the ability to add and subtract.

## So How Much Is Enough?

While thirst signals the body's need for fluid, slight dehydration has already occurred by the time a person becomes thirsty. It only takes a loss of 1 to 2 percent of the body's total water content to cause dehydration. On average, you lose 10 cups of water a day and get only four back from your food. Each day a person will lose a minimum of 400 milligrams (about 1 1/2 cups) of water through breathing, 400 milligrams through the skin, and 1,000 milligrams (4 cups) through the kidneys. (This is the minimum, so if you're active you'll lose more.)

The amount of water inside a cell, known as the cellular hydration state, can change within minutes. When you begin to lose as little as 1 percent of your body weight in water, your ability to regulate heat begins to be impaired. If you lose 7 percent of your body weight in water, you're likely to collapse when exercising in heat. If you dehydrate a muscle by as little as 3 percent, you can cause a loss in contractile strength of about 10 percent as well as a 12 percent loss in speed.

According to the American Dietetic Association, it's not eight glasses of water a day; it's eight eight-ounce servings--big difference. However, those eight cups are just a guideline. For instance, you should add a cup if you exercise, live in a warm climate, or drink more than two cups of coffee or alcohol a day, since these drinks act as a diuretic. Air travel and working in a climate-controlled office also adds a cup or two. And while some fruits and vegetables are as much as 95 percent water, these can't be included in your daily intake, because the eight cups were calculated assuming you eat plenty of fruits and vegetables.

Fully rehydrating the body doesn't occur as fast as you might think. Even after consuming large amounts of water, your dehydrated body can take from a few hours to a day or more to completely rehydrate. Tissues such as the muscles and skin, which are predominantly water, take the longest to recover from dehydration. A good sign is if you urinate every two to four hours, and your urine is clear or light in color.

Most people take water for granted, not realizing how desperately their bodies crave it. Don't wait until the tap runs dry to realize how important water is; start today replenishing your body, and begin to reap its many rewards. <

< Tammy Darling is a writer living in Three Springs, MI >

# Featured Links

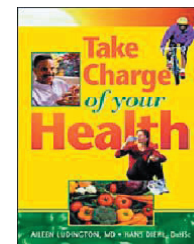
## Adventist Review Features Special Wellness Issue

This special edition brings together a remarkable collection of scientists, medical practitioners, lifestyle educators, and theologians to explore both the timeless and the timely understandings of wellness that emerge from the Word of God and the best of modern medicine. It also features editor Sandra Blackmer, who has assembled a striking issue that will be of high interest to regular readers but also to the general public, and to which you will return often for insight, motivation, and practical counsel. Additional articles and resources including the full text of articles excerpted here are also available at the magazine's Web site.



## Book of the Month

Ludington and Diehl show, in case after case, that health derelicts can become dynamos by simplifying their diet, eating unrefined foods, using natural remedies such as hot and cold water treatments, and exercising. Through powerfully motivating stories of changed lives the authors convey the rules for vibrant health, as well as how to shed bitterness, find new peace of mind, and recover a close connection with God.



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## Recipes

### Fruit:

3/4 cup sugar, plus more to taste  
2 tablespoons cornstarch  
1/4 teaspoon ground cinnamon  
1/2 cup cranberry juice cocktail or orange juice  
1/2 teaspoon freshly grated lemon zest  
4 cups fresh, frozen (thawed; see Tip) or canned (drained) pitted sour cherries (see Sources)  
1 3/4 cups blueberries, blackberries and/or chopped (unpeeled) purple plums

### Dough:

1 cup all-purpose flour  
1/3 cup whole-wheat pastry flour (see Sources)  
1 1/2 tablespoons sugar  
1 1/4 teaspoons baking powder  
1/2 teaspoon salt  
1/4 teaspoon baking soda  
2 1/2 tablespoons unsalted butter, very cold, cut into bits  
2 tablespoons canola oil  
3/4 cup nonfat buttermilk, plus more as needed  
1 1/2 teaspoons sugar mixed with 1/4 teaspoon ground cinnamon, for garnish

### Sour Cherry-Fruit Slump\*



To prepare fruit: Stir together 3/4 cup sugar, cornstarch and cinnamon in a 9- to 10-inch non-reactive deep-sided skillet or 3-quart wide-bottomed saucepan or Dutch oven (see Note). Stir in cranberry (or orange) juice and lemon zest, then the cherries and other fruit. Bring the mixture to a gentle simmer over medium heat, stirring. Simmer, stirring, until the mixture thickens slightly, about 2 minutes. Remove from the heat, taste and add up to 2 tablespoons more sugar if desired.

To prepare dough: Whisk all-purpose flour, whole-wheat flour, sugar, baking powder, salt and baking soda in a medium bowl. Add butter and oil. Using a pastry blender, two knives or a fork, cut in the butter until the mixture resembles coarse meal. Add 3/4 cup buttermilk, mixing with a fork just until incorporated. The dough should be very soft and slightly wet; if necessary, stir in a little more buttermilk. Let the dough stand for 3 to 4 minutes to firm up slightly.

To finish: Use lightly oiled soup spoons to scoop up the dough, dropping it in 8 portions onto the fruit, spacing them evenly over the surface. Return the slump to the stovetop and adjust the heat so it simmers very gently. Cover the pot tightly, and continue simmering until the dumplings are very puffy and cooked through, 17 to 20 minutes. Cut into the center dumpling with a paring knife to check for doneness. Let the slump cool on a wire rack, uncovered, for at least 15 minutes. Sprinkle the cinnamon sugar over the dumplings. Serve warm.

\* this recipe was featured on [www.FoodNetwork.com](http://www.FoodNetwork.com)

## Health Tips

### A Liquid Workout

Have you ever felt the need to be pumped up? Need a boost or a little bit of extra strength? Well you're not alone. In fact, most people on campus feel that way all of the time. The question however is how you handle it. Unless you are blessed with 36 hours in a day most of us need quick solutions to ride out our waves of sleepiness. These days that solution can be purchased for around two to three dollars. Yes, Energy Drinks. They come in all sizes and flavors and some even claim to be good for you. But before you rush out and gush one down take a closer look at the label. Well, we've decided to take a closer look at some of those ingredients and find out whether or not some of them really are good for you. Guess what we've found out?

While some of the ingredients are good things, such as Vitamins B & C, studies have shown two things. The first is that it was

impossible to know the positive effects that these vitamins and other nutrients actually have in this form. And secondly, it was difficult to know what effects these ingredients have when mixed together with other ingredients. So basically, the answer to the question "...is this drink actually healthy?" the answer would be, "...who knows?" But it is safe to say that these drinks do put your health at risk, due to the extreme volume of sugar and caffeine.. So they may do the job for a couple of hours but let's just say the side effects last five hundred times longer...to put it modestly. So our advice is to check the label and find out what's really in that energy drink and choose the best option available...if you can find one that is. <

**Check out our comparison  
chart on the next page**

Any thoughts? Email us at [ahhealthu@andrews.edu](mailto:ahhealthu@andrews.edu)

## Comparison Chart



Product Name	Monster	Red Bull	Full Throttle	Sobe Adrenaline Rush	Rockstar
Serving Size	473ml	250ml	473ml	250ml	473ml
Caffeine	170mg	80mg	141mg	76mg	160mg
Taurine(Caffeine Accelerant)	2000mg	1000mg	1892mg	1000mg	1894mg
Vitamin B6	4mg	2mg	3.78mg	5mg	2mg

## Upcoming Events

### Eating Right for a Healthy Heart

Wednesday, July 8 2009  
6:30 p.m.  
Meeting Room  
Lakeland Community Hospital, Niles

### Prediabetes Class

Tuesday, July 21, 2009  
1:30 to 4:00 p.m.  
Lakeland Community Hospital, Niles

### 2009 Workshop on Natural Remedies and Hydrotherapy

Sunday - Friday  
August 2-7, 2009  
Seminary Chapel  
Andrews University

Join the Lakeland HealthCare team for the workshop on learning how better foods habits can help reduce your risk for heart disease and stroke. In addition, a registered dietitian will give participants tips on following the American Heart Association's eating plan. To register call (269)-556-2808.

This group class is designed for anyone who has higher than normal blood sugar levels, who could be at risk for diabetes. Participants will learn important lifestyle changes that can help them avoid or delay the onset of diabetes. To register call (269)-683-5510, extension 5465.

The Seminary will again be offering its 6-day workshop on natural remedies and hydrotherapy. Presenters will include, Drs. Gerard Damsteegt, David Village, Agatha Thrash, Don Miller, David DeRose, and Evelyn Kissinger. You can register at [www.andrews.edu/go/nrhw/](http://www.andrews.edu/go/nrhw/) or call ext. 3541

## Extras

Please visit our website for additional resource at [andrews.edu/services/wellness](http://andrews.edu/services/wellness)  
**email** [ahealthyu@andrews.edu](mailto:ahealthyu@andrews.edu)  
**phone** (269) 471-6086