

# NEWSLETTER

You are what you drink

## You are what you “Drink”

As humans we are intimately linked to our surroundings. Infact, we literally ‘are’ our environment biologically, chemically and energetically. Water covers 70% of the planet and makes up a similar percentage of the human body.

All our body systems depend on water for their healthy functioning. For example, water is fundamental to the cardiovascular system, which brings nutrient laden blood to the cells. However, the unique significance of water has long been acknowledged throughout history. In most religions water has had a special spiritual significance. For example, Hinduism’s sacred water of life and the Christian’s water baptism.

More recently, Dr Masaru Emoto, provided evidence that thoughts, words, ideas and music, affect the molecular structure of water. In his book “The hidden messages in water” he illustrates that water subjected to negative thoughts created water crystals that were irregular shapes, dull and unsightly where as those subject to positive influences were beautiful, radiant and intricately designed. This research has startling health implications when one considers that 70% of the human body is water.

We lose water everyday, through activities such as, sweating and breathing. To sustain a healthy fluid balance the British Dietetic Association advises that the average adult should consume 2.5 litres of water per day. However, this should be increased during times of increased physical activity or hot weather.

At Wellwest we believe that the type of water we drink is important to our health. We choose clean and purified water and are happy to recommend a range of excellent water filters to suit our patients requirements.

Feel free to [Contact us](#) if you have any further questions.



## DRUG OF THE NATION

Modern entertainment is fun. We all enjoy a great film as it can speak to our hearts and help us see things in a new way. As adults we are mostly able to contextualize what we experience “willingly suspending our disbelief”. However, it is worth bearing in mind a few facts from the American Academy of Pediatrics (AAP) before bowing to pressure from children to watch the latest TV program or film because their friends have:

- The average American child will witness 200,000 violent acts on television by age 18.
- Typically children under the age of 7 years are unable to distinguish between fantasy and reality and the images they absorb can also leave them traumatized and vulnerable.
- Children who consistently spend more than 4 hours per day watching TV are more likely to be overweight.
- TV consistently reinforces gender-role and racial stereotypes.
- In the United States children see approximately 40,000 commercials each year.
- Under the age of 8 years, most children don't understand that commercials are for selling a product.
- Children 6 years and under are unable to distinguish program content from commercials, especially if their favorite character is promoting the product.
- Kids in the United States watch about 4 hours of TV a day - even though the AAP guidelines say children older than 2 years old should watch no more than 1 to 2 hours a day of quality programming.