



Hello Think your Health friends,

Welcome to the third issue of the THINK YOUR HEALTH newsletter. My goal is to send a weekly email straight into your inbox packed with snippets of health information and other items of interest.

## **Water & health benefits:**

Water is essential to life. It is also an essential nutrient. Our organs and tissues depend on it for everyday functions. 60% of your body is made of water. It goes without saying without water we cannot survive! Our body is unable to make enough water via various

reactions and metabolic processes. We need to consume water in our food and the rest is derived from drinks.

## What does water do in your body?

1. Lubricates joints
2. Important for thermoregulation
3. Blood circulation-carries nutrients and oxygen to your cells
4. Provides moisture in particular your nose, eyes and mouth
5. Protects your organs and tissues by acting like a shock absorber
6. Helps with digestion
7. Flushes bacteria from your bladder
8. Helps maintain your blood pressure .
9. Maintains balance of minerals such as sodium in your body

## Drinking water first thing in the morning?

I have added drinking a glass of water(8oz) to my daily morning routine .In my previous newsletter I wrote about the habit loop. I used the same three steps(**cue---routine---reward**) to cement this habit. You can too! Try to find a cue which works for you.

One of the first things I do when I come down into the kitchen early morning is to heat the water in the Keurig machine for either tea or coffee. The moment I hear the water being heated up in the canister this is then the **cue** for me to **drink the glass of water.**

1. Drinking water in the morning starts our rehydration process. Usually our urine is slightly darker in the morning. No, we do not have the classical signs of dehydration ,but we did not consume fluids overnight.
2. Water early in the morning, before breakfast has proven to show decreased calorie intake throughout the day.
3. Water in the morning might help with weight loss. Water needs to be warmed up when in your body to properly function in a process called thermogenesis. This can help increase our metabolic rate which in turn can burn calories.

4. Drinking water in the morning helps with mental focus. In other words improves your brain function. Even mild dehydration can affect your mental performance.

5. Drinking water in the morning jump starts your day to drink water throughout the day. Water intake helps with several bodily functions including: a) cardiovascular system b) kidney and urogenital system c) joints and tissues.

## **Quote of the week:**

“Plans are nothing; planning is everything.”

-**Dwight D. Eisenhower**

## **My favorite things:**

Especially at the beginning of this year I was reading a lot of books which dealt with personal growth. I introduced a couple in the previous newsletters. What am I reading now? A fantasy novel and I'm beginning to get totally engrossed by the world building and the story telling. A author I enjoyed in the past when I read his Mistborn trilogy. Brandon Sanderson is an epic fantasy & science fiction author. The [Way of Kings](#) is the first book from his Stormlight archive series ... an epic fantasy series. I anticipate being chained to this book for the next couple of weeks at least.

[8 Vitamin D deficiency signs and symptoms |WARNING signs YOU can't ignore!](#)

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## **Latest article on the website:**

 [Signs YOU are magnesium deficient!](#)

## **Welcome to the Health Zone:**

 My website / blog : <https://drthinkyourhealth.com/>

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