Water is a basic need for cellular health.
Dehydration – The Hidden Epidemic

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The Hidden Epidemic

- 75% of North Americans are chronically dehydrated
- Statistics report life-threatening dehydration
- Thirst sensation/sensitivity lost
- Hydration - first step in the healing process
Alarming Facts

• 1% dehydration leads to thirst.
• 2% dehydration causes feeling of anxiety, reduced appetite and energy by 20%.
• 4% dehydration brings feeling of nausea, dizziness, emotional instability, fatigue.
• 6% dehydration leads to loss of coordination and coherence of speech.
• 10% dehydration causes thermoregulation failure in addition to all above mentioned symptoms. Cells begin to die.
• At 11% dehydration it’s not enough just to drink water. The chemical balance of the organism has undergone serious changes. At this point, professional medical care is required.
• 20% dehydration may lead to death.
You Are Mostly Water…

- 75% of body weight is water
- Total Body Water = Intracellular space + Extracellular space
  - Most water found inside our cells
- Brain is 78% water
- Water carries vital oxygen to our cells
Not all liquids are created equal

• Dehydrating Liquids
  – Soda
  – Coffee
  – Tea
  – Alcohol
Nothing replaces pure water
Identifying Dehydration

Three Primary Manifestations

– Phase I: Initial Symptoms
– Phase II: Secondary Conditions
– Phase III: Emergency Indicators
Phase I - Initial Symptoms

- High thirst
- Tired
- Irritable
- Anxious
- Depressed
- Sleeplessness
- Reduced urination
  - Urine is dark yellow
Phase II - Secondary Conditions

• Significantly reduced urination
  – ½ of the normal frequency (only 3 or less in a 24 hour period)
  – Urine is very dark yellow or brown

• Asthma
• Allergies
• Hypertension
• Constipation
• Type II Diabetes
Phase III - Emergency Indicators

• Dramatically reduced urination
  – Possibly none in a 12 hour period
• Heartburn
• Dyspepsia
• Angina
• Lower back pain
• Rheumatic or Arthritic pain
• Migraines
• Fibromyalgic pain
Impact of Cellular Dehydration

• The Extracellular Matrix
  – Dr. Alfred Pischinger’s work
  – Water most important nutrient
  – Vital for the body’s communication network
  – Cellular Malfunction
  – Metabolic dysfunction
  – Nutrient deficiency
Impact of Organ/Systems Dehydration

- Blocks the purification processes
  - Lymph
  - Kidneys
  - Liver

- Disrupts the communication network
  - Hypothalamus
  - Adrenals
  - Nervous System
Water Isn’t Always Enough...
When Cells Are Under Stress

• Absorption of water inhibited by chronic tension at the cellular level
  – Role of the hypothalamus
  – Role of the nervous system
• Cell memory also inhibits absorption
• Krebs Cycle has been disrupted
Resetting the Blueprint for Hydration
ReHydration – How it Works

• Supports organs that balance fluids
  – Hypothalamus
  – Adrenal-Kidney connection

• Enhances Nervous System function
  – Serotonin & GABA
  – Coffea Cruda

• Ignites the Mitochondria
  – ATP
  – Germanium Sesquioxide
Common Objections to Drinking Water

- I don’t feel thirsty…
- I’m afraid I will be using the restroom all day, I don’t have time for that…
- I always feel bloated when I drink too much water…
- I don’t like water. Can I drink something else?
Rehydration is a Process

- Stick with it – hydration happens over time
- **Short Term Concerns**
  - Thirst reawakened
  - More frequent urination
  - Possible swelling or edema
- **Long Term Benefits**
  - Increased health and well-being
  - Reduced pain
  - Improvements in condition of skin/hair
  - And many others…
Rehydration – End the Drought

- 800.990.7085
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