
A composite image where the top half shows a glass of water on parched, cracked brown earth, and the bottom half shows the same glass on a surface of blue water. The text "Water is a basic need for cellular health." is centered in white. The word "energetix" is written in a light blue, lowercase font in the bottom right corner.

Water is a basic need for
cellular health.

energetix



Dehydration – The Hidden Epidemic

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Practitioner Support
Representative

My Details

Shows the attendee name and Satisfaction Rating. Attendees can change their Satisfaction Rating by clicking on the drop-down arrow

Webinar Info

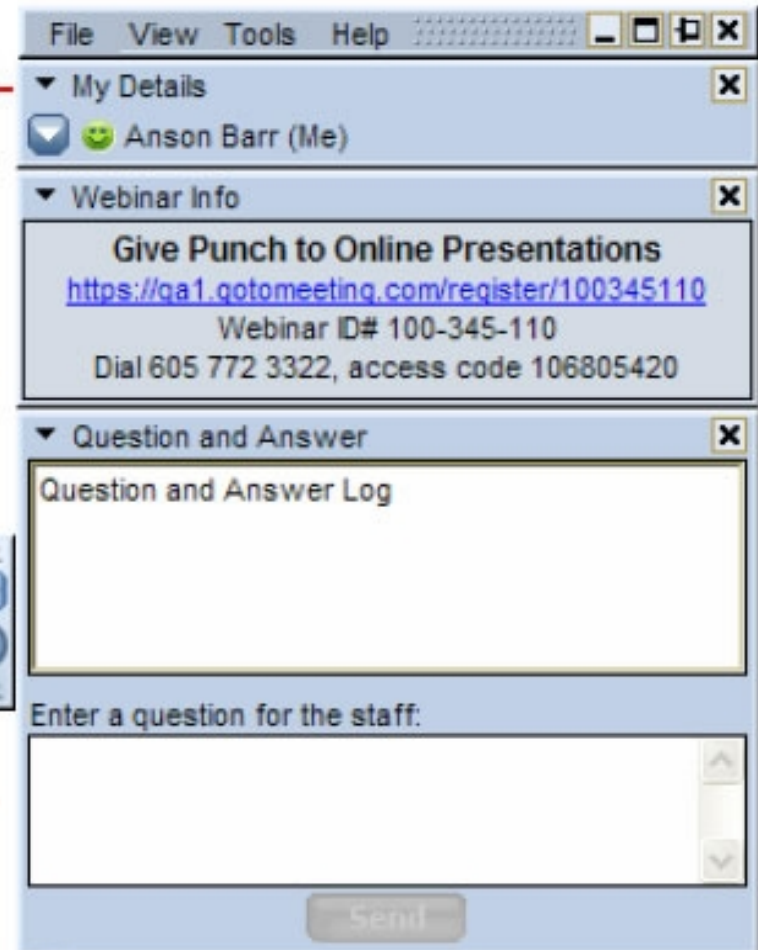
Provided for quick reference

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Question and Answer

If turned on by an organizer, attendees can submit questions and review answers. Broadcast messages from an organizer will also show here



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



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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



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- The Spagyric Difference -

ReHydration

Provides homeopathic support for the symptoms of dehydration

2 fl. oz./59.1 mL
Homeopathic

DRAINAGE & TONIFICATION

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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
- www.goenergetix.com

