

Weekly Message Weekly Message



Greetings special friends,
I hope this finds you having a great week. I noticed on the news this morning that Lance Armstrong is going for his seventh consecutive victory in the Tour de France. What an amazing athlete and someone who has truly conquered many battles including cancer. He is an amazing role model for all of us. Visit the Lance Artmstrong Foundation online at <http://www.laf-store.org/>.

Here are some thoughts for the day:

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“Mistakes are the usual bridge between inexperience and wisdom.”
Phyllis Theroux
.....

**“If you are never scared, embarrassed or hurt,
it means you never take chances.” Julia Soul**
.....

**“There are hazards in everything one does; but there are greater
hazards in doing nothing.” Shirley Williams**
.....

**“The way I see it, if you want the rainbow,
you gotta put up with the rain.” Dolly Parton**
.....

It is so important to take care of our bodies. It is obvious that Lance Armstrong has paid attention to fitness in order to master the Tour de France six times and to beat cancer. There are hundreds of different diets around; some work and some don't. One of the mainstays of keeping healthy is making sure we are consuming plenty of water along with eating right and exercising regularly. Below is a special article on the importance of water in our daily diet. I hope it is an eye opener for you as much as it was for me. Have a wonderful week, and, as always, please *keep in touch*.

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Sincerely,
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Water Anyone?

We all know that water is important, but I've never seen it written down like this before.

75% of Americans are chronically dehydrated. (This likely applies to half of the world population)

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Even MILD dehydration will slow down metabolism as much as 3%.

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.

Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily, decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

Do you need to know the exact amount of water that you should drink each day for your body weight? Click this link for the formula

http://www.quickfasting.com/plenty_from_both_ends.html

Inspiration is great, but one of the greatest inspirations is feeling good.

