



Wellness in the News

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The Importance of... *Drinking Water*

Compiled by Laura Weyer, CA

Most experts agree the first, easiest, and absolutely necessary step to take when starting on any health-related program is...drink water!

People love water. We play in it, spend our leisure time around it, and build our most luxurious homes next to it. We enjoy some of our favorite sports on it, exercise in it, travel to exotic vacation spots just to be near it!

Our human bodies are nearly 70% water

*The average adult carries around 10-13 gallons of water!
The salinity of our extracellular fluids is
Approximately that of ocean water.*

Every day, water escapes from our lungs, our kidneys, our bowels, our underarms, and every pore of our skin. **We lose approximately 2-3 quarts of water daily.** This is largely how the body regulates temperature. Perspiration is our cooling system. It also exudes waste products, which is why it has a certain 'eau de toilette.'

What happens if we don't replace it? A reduction of 15% below our healthy hydration level could be fatal. Even a small reduction, 2%-5% of our personal water supply, has its consequences. What's worse, dehydration symptoms are not obviously associated with water: headaches, dizziness, lethargy, muscle cramps, loss of appetite, depression, and brain fog. When you become dehydrated, your body and brain become sluggish, your blood thickens and your heart works harder. Water lubricates every joint in your body and keeps soft tissues from sticking together. Water is also essential to the functioning of the digestive tract. Too little water and you've got constipation. Even if you are taking lots of good fiber like bran and flaxseed, you need water to keep it moving. Higher levels of toxic waste products in the bowel, lymph, and bloodstream is a proven contributing factor to many of the above mentioned complaints as well as fibromyalgia, arthritis, eczema, psoriasis, and chronic fatigue.

How do we know how much water to drink?

One popular rule is to drink half of your weight in ounces of water. A 200 pound man would need to drink 100 ounces of water per day. A simple test is if you are drinking an adequate amount of water, your urine color and odor will be neutral.

So drink up! You'll feel better, look better, think better, and ward off illness and disease to a much greater degree! Drink to your health!

I believe

That water is the only drink for a wise man.

Henry David Thoreau

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"A waster of water
Is a waster of better."

- Old Irish Adage -



"When the well is dry,
we learn the worth
of water."

- Benjamin Franklin -



It's REALLY Working!

"I was in a great deal of pain with what I was diagnosed with twice as Carpal Tunnel Syndrome. I did not trust chiropractic care until I watched [my treatment] and listened to a couple of Dr. Unruh's classes. After the 1st maybe month to month and a half my pain subsided and went away!

I do believe chiropractic care works and Dr. Unruh's office is calm, relaxing and a Christian atmosphere – also a place for me to make friends! Dr. Unruh always has healthy foods to munch on. It's great!

Christy C. Rogers, AR



"Civilization has been a permanent dialogue between human beings and water."

- Paolo Lugari

Carpal Tunnel Sufferers:

[See our amazing Friends & Family Gift Certificate on the next page!](#)

Do not miss this opportunity to help yourself or a friend!

How Chiropractic Can Help

From The Desks of John Unruh, D.C. & Ryan Monson, D.C.

Chiropractic Care & Carpal Tunnel Syndrome

Carpal Tunnel Syndrome

Is it difficult to grasp a jar, bottle, or cup? Have you lost the strength to twist open a large jar? Do you have tingling or numbness in your hand, wrist, or fingers? Or, does your wrist just plain hurt? If you have some or all of these symptoms, you may have Carpal Tunnel Syndrome.

What is CTS?

It is common to hear this term used frequently when patients have wrist or hand pain. The human body has two long bones that start at the elbow and extend to our wrists. These bones are called the ulna and the radius. Connective tissue attaches the bones near the wrist from one side to the other. Picture in your mind, a piece of silk attached to both bones and pulled tightly. The pressure on the nerves below is the most common cause of true carpal tunnel syndrome.

Fortunately, not all wrist pain should be called CTS. It is important to determine, if in fact, the symptoms are being caused by the pressure on the nerves of the wrist, or if there is a different cause of the problem. It is VERY common for these types of symptoms to exist when there is a neck misalignment, history of auto injury, or other spinal conditions. The nerves of the neck control all the nerves of our arms and hands. If the nerves of the neck are being compressed, wrist and hand pain is a common symptom. As trained Doctors of Chiropractic we can determine whether your condition is a true carpal tunnel syndrome.

What Can Be Expected During the Healing Process?

Chiropractic is a noninvasive treatment for carpal tunnel syndrome, especially compared to treatment involving medications and surgery. Studies have shown improvement in symptoms of repetitive stress injuries (RSIs), including carpal tunnel syndrome, as a result of chiropractic treatment. Some research has concluded that chiropractic can be just as effective as allopathic care for RSIs.

As with any medical treatment, prognosis for resolution of a Repetitive Stress Injury (RSI) can vary from patient to patient, based on such factors as the nature and severity of the RSI, the age and overall health of the patient, and simultaneous use of other therapies. But in many cases, chiropractic treatment has helped patients struggling with carpal tunnel syndrome. So although carpal tunnel and other RSI patients must face the realities of modern-day society with its risks of conditions like RSI, chiropractic can provide hope for managing this condition.

Contact our office for more information. We would be happy to evaluate you, or a friend or relative, to help determine how we may be able to help with your wrist and arm pain. We'd like to see you get back to a pain-free life with full mobility and flexibility!

Do you have a friend or family member who
has been suffering with
Carpal Tunnel Syndrome?

- ❖ Has one of your friends or family suffered from carpal tunnel pain? Arm, wrist, or hand pain? Weakness in those muscles? Numbness?
- ❖ Chiropractic care can help relieve pain and check this condition early.
- ❖ So to encourage you to encourage your friend or family member to take care of themselves, I am including a certificate here for you to give to them to come into our office for a check up - at my expense. Print it, cut it and share it.
- ❖ Many serious problems have been averted by Chiropractic Care when addressed early enough.
- ❖ Who knows, . . . **you** may be responsible for improving someone else's life by taking away their pain.

**PREFERRED FRIENDS & FAMILY GIFT
CERTIFICATE**

FREE First Visit Including:
**Consultation with SEMG Exam- Valued Up
To \$245.00**

ABSOLUTELY NO OBLIGATION FOR FUTURE CARE!

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302 N 8th St, Suite 1, Rogers AR 72756. 479-621-9006

EXPIRES ON 5/15/09

Interesting Tips, Tricks and Facts About “Drinking Water” in Our World

"Water is a very good servant, but it is a cruel master."

- C.G.D. Roberts, "Adrift in America", 1891

Functions of Water in the Human Body

- Improves oxygen delivery to the cells
- Enables cellular hydration
- Cushions bones and joints
- Regulates body temperature
- Flushes toxins
- Lubricates joints
- Transports nutrients
- Moistens oxygen for easier breathing
- Absorbs shocks to joints and organs
- Removes wastes
- Prevents tissues from sticking
- Improves cell to cell communications

Given the important functions of water in the human body, it is no surprise that those who do not have adequate amounts of clean drinking water suffer from disease and death. Below are some facts from www.water.org.

The Global Water Crisis

- 3.5 million People die each year from water-related disease.
- 43% of water-related deaths are due to diarrhea.
- 84% of water-related deaths are in children ages 0 – 14
- 98% of water-related deaths occur in the developing world.
- 884 million people, lack access to safe water supplies, ~ one in eight people.
- The water and sanitation crisis claims more lives through disease than any war claims through guns.
- At any given time, half of the world's hospital beds are occupied by patients suffering from a water-related disease.
- Less than 1% of the world's fresh water is readily accessible for human use.
- An American taking a five-minute shower uses more water than the typical person living in a developing country slum uses in a whole day.
- About a third of people without access to an improved water source live on less than \$1 a day.
- Poor people living in the slums often pay 5-10 times more per liter of water than wealthy people living in the same city.
- Water projects in developing countries fail at an average rate of 50% or higher.

Americans can rejoice in the fact we have clean, running drinking and bathing water, piped directly to our own homes. Yet the majority of the world does not. To help developing countries go to www.water.org and see what you can do to get involved!



"In sweet water there is a pleasure un-grudged by anyone."

- Ovid, 13 A.D. -



"We think of our land and water and human resources not as static and sterile possessions but as life giving assets to be directed by wise provisions for future days."

- Franklin D. Roosevelt -

Attend Tuesday's
Health Classes to
increase your
knowledge and
improve your health
6:15 p.m.