



Always working to protect your assets and financial future!

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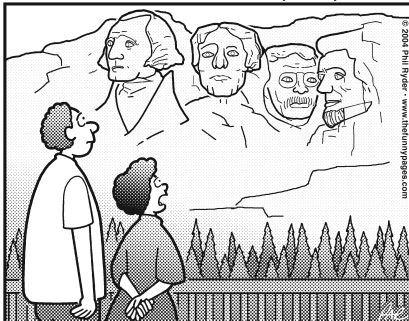
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### THE JOKE'S ON YOU

by Phil Ryder & YOU



"I'm telling you, Murray...if they don't find the money to maintain this sculpture, heads are gonna roll."

- Bruce and Len • NY, NY

Barrie Conrod's

# Value For Life!

Giving You Helpful Advice and Fun Tips Designed to Make Your Life Easier and Help You Shine in Front of Your Friends and Family.

## To Drink Or Not to Drink?

A teenager sits quietly beneath a tree in Nepal. Motionless, he sits cross-legged and meditates. He has been doing this for the last six months and he has claimed to not have drunk any water during the entire six-month period. To gain enlightenment, like Buddha did two and a half thousand years before him, he will need to continue on for six more years. If he is able to accomplish this, it will be nothing less than a miracle. Because next to air, water is essential to our survival.

The average person can go four to six weeks without food, and maybe longer depending on the health and age of the body before water stopped entering the system. Forget about going six months without water, just going a mere week without water is close to impossible for most individuals. This is primarily because water makes up two thirds of our body mass. The human brain consists of 95% water, our blood consists of 82% water, and our lungs consist of 90% water.

When the body is deprived of water, it enters into a state of dehydration as the body slowly starts to shut down. Many people actually live in a state of chronic dehydration. Chronic dehydration manifests itself in shakiness, blurry eyesight, and a general lack of energy. Our bodies simply cannot live without water, regardless of what any spiritually enlightened teenager in Nepal might claim.

Not only does our body consist largely of water, but the body also uses water for regulation and maintenance. For example, water:

- Forms the base for saliva which enables our mouths to break down food
- Forms the fluid that surrounds our joints, enabling movement
- Regulates the body temperature via perspiration
- Regulates metabolism
- Alleviates constipation by moving food through the digestive tract

In fact, if you are looking to lose weight, one of the best detox agents out there is simple, cheap, and readily available: water.

In addition to aiding daily maintenance of the body and the added health benefits, drinking at least eight glasses of water a day can prevent disease. Studies have shown that staying hydrated can lead to a 40-50% decrease in your risk for colon, bladder, and breast cancer. So drink up!