Twitter Thread by ■■Equilibrium



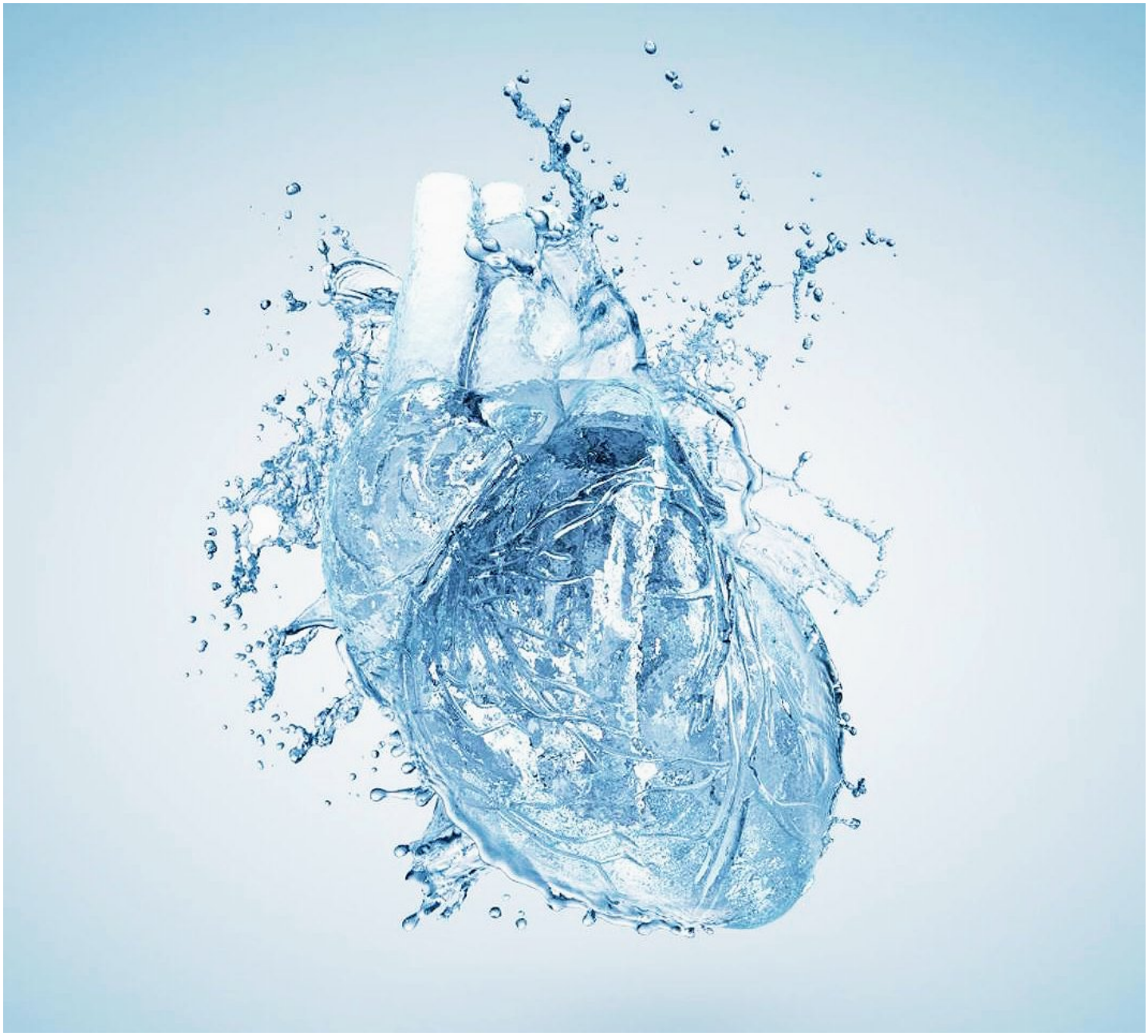
■■Equilibrium
@briankimpson



Your Body is 68% Water

Dehydration and Tap Water are Killing You

Water Masterclass



I want to start with some facts to drill into you how important water is, biologically.

A healthy adult contains ~10-12 gallons of water – 68% of total body weight.

- Blood is 83%
- Muscles 75%
- Brain is 75%
- Heart is 75%
- Eyes are 95%

The majority of your body is water.

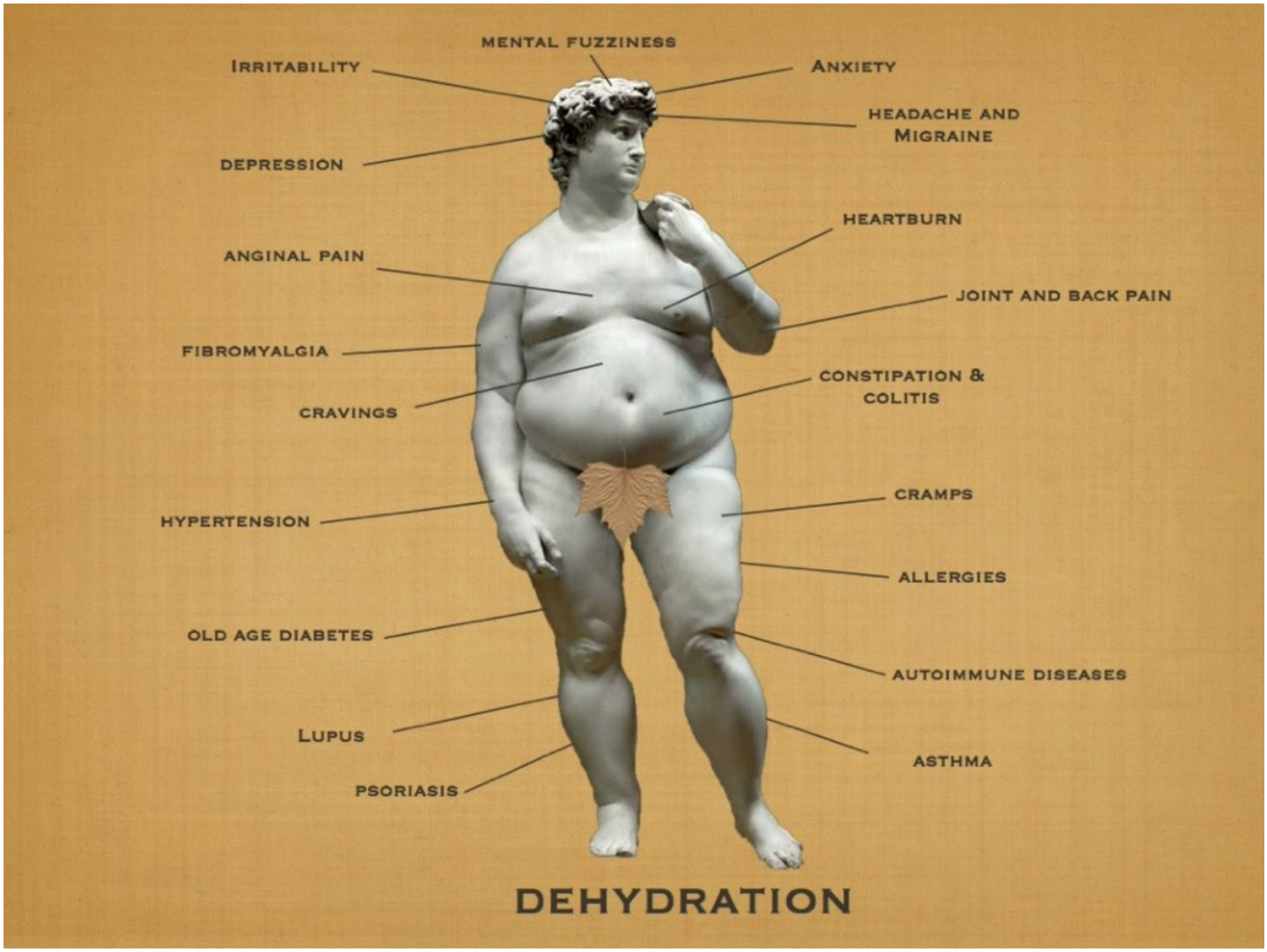
If your body doesn't have adequate water it cannot properly eliminate waste matter like carbon dioxide, nitrogen, and other impurities, in the blood and lymph.

Toxins will gradually accumulate in body tissues and organs, causing inflammation, and leading to disease conditions.

- Mental fog
- Anxiety
- Irritability
- Depression
- Cravings

These are all symptoms of Dehydration

Without water to keep the lymphatic system flowing properly, the body becomes highly acidic and highly toxic.



Statistics show that 75% of Americans are dehydrated.

For every 16 oz glass of water consumed, Americans consume 64 oz of soda.

The 2 leading causes of dehydration?

- Not drinking enough water
- Obesity - dehydration also leads to obesity, which is a self-perpetuating problem.

You should aim to drink 1/2oz of water per lb of body weight per day, minimum.

150lb = 80-90oz

If you:

- Live in a hot or desert climate
- Live at high altitude
- Exercise often
- Are ill - immune support

You need to drink more water.

It can take up to 2 weeks for your body to adjust to drinking water after a long period of mild to moderate dehydration.

You may see bloating and water retention during this time.

In cases of chronic dehydration, it can take 4-6 weeks before symptoms of bloating are cleared.

The QUALITY of your water MATTERS

75,000 chemical compounds are found in our water supply today.

When consumed, this water supply [Tap Water] comes with incredible health risks, placing a burden on the detoxifying and immune systems of even the healthiest of people.

These include:

- ❖ Industrial waste
- ❖ Pesticides
- ❖ Municipal sewage
- ❖ Fertilizer
- ❖ Gasoline and MTBE
- ❖ Chlorine & Chloromines
- ❖ Hydrocarbons
- ❖ Fluoride
- ❖ Birth control pills
- ❖ Antibiotics
- ❖ Heart medication
- ❖ Pain killers
- ❖ Anti-depressants
- ❖ Hormone replacement
- ❖ Sex hormones
- ❖ Perfumes
- ❖ Lead solder
- ❖ Dioxin
- ❖ Heavy metals
- ❖ Vinyl chloride from PVC

Never drink tap water.

Unless you have tested your source, and are certain that it has no contaminants.

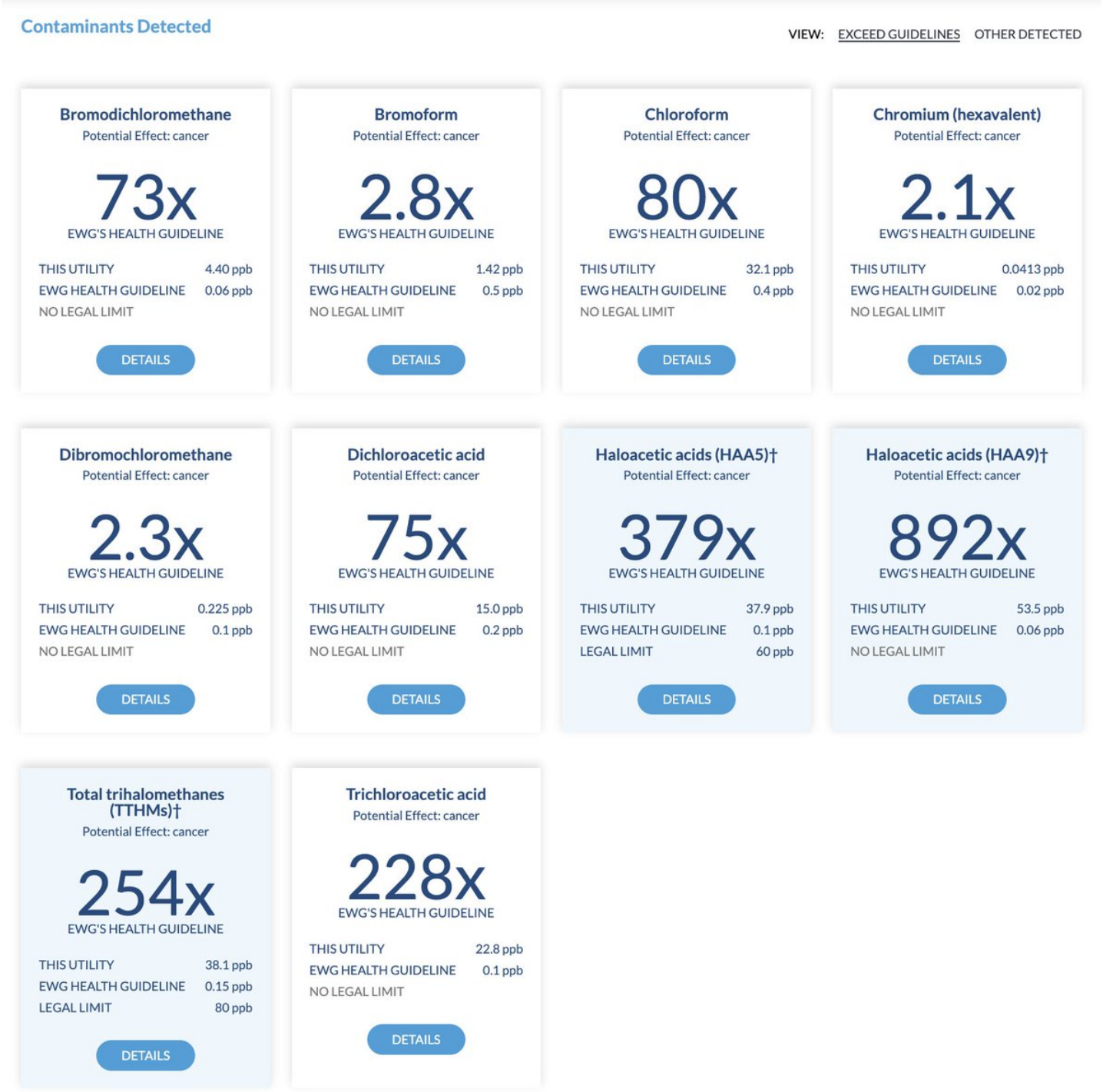
You can check contaminants in your local water supply through the Environmental Working Groups [EWG].

Water contaminatants in major cities is INSANE.
https://t.co/RGkVncoEUk

Contaminants in the Los Angeles Water Supply



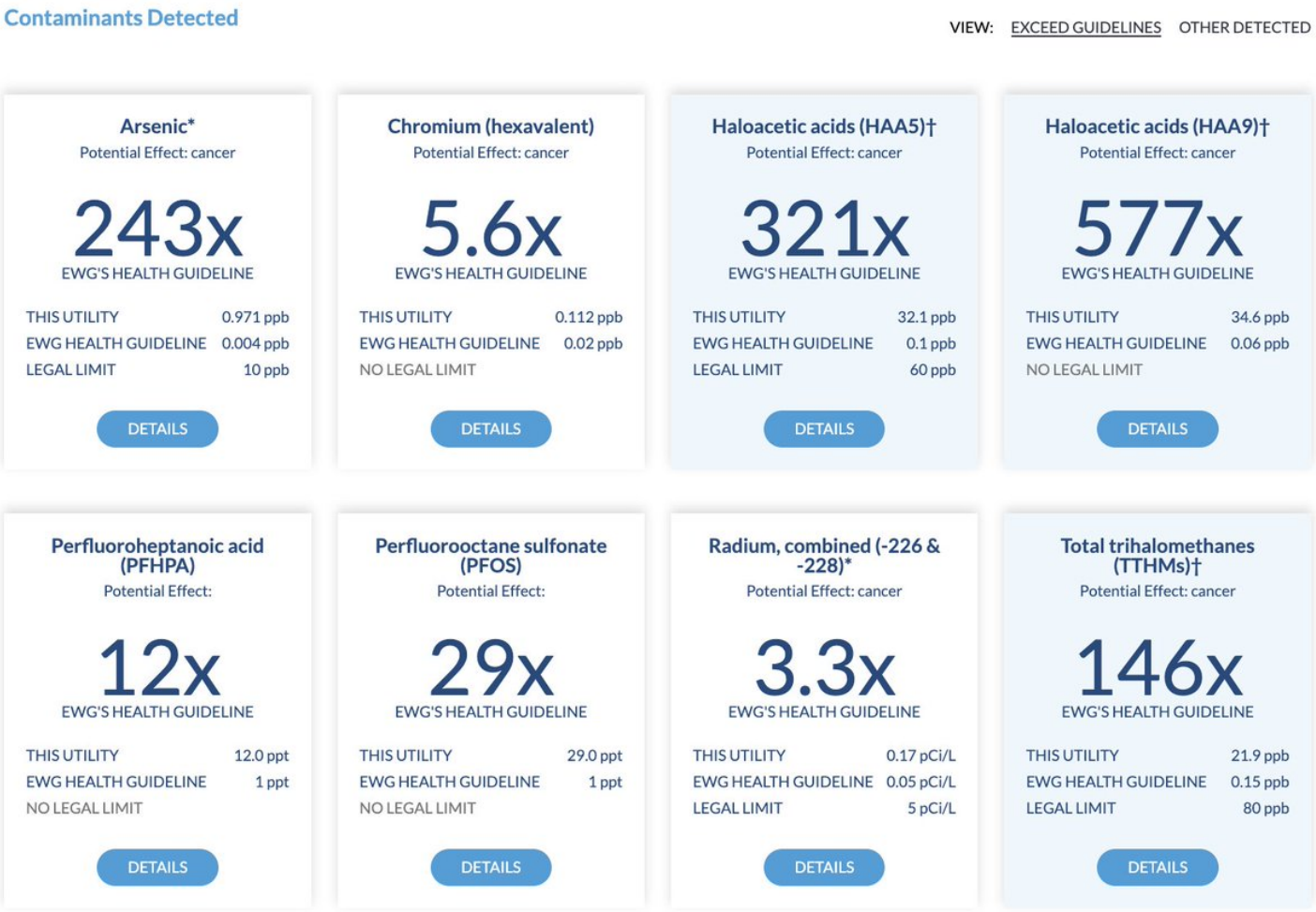
Contaminants in the New York City Water Supply



Contaminants in the Chicago Water Supply



Contaminants in the Miami Water Supply



Contaminants in the San Diego Water Supply



Showering in tap water also poses significant health concerns.

You're standing under hot tap water, pores open, absorbing all of these chemicals through your skin.

I use this Dual KDF shower filter.

https://t.co/LVPsQoKDfe

So what can we do about the problems of dehydration and the issue of our water supply being polluted with chemicals that are harmful to our health?

- Create structure around drinking water
- Drink clean mineral-rich water

Let's break each of these down.

Creating Structure

- 1/2oz per lb, minimum
- Start your day with 1-2 glasses of water, this helps activate internal organs
- Drink before you are thirsty
- Drink a glass of water 20 minutes before meals
- Water should be either room temperature or warmer, minimize cold or iced

Types of Clean Water

- Distilled
- Reverse Osmosis
- Activated Carbon Filter

There are more but we'll focus on these.

Minerals should also ALWAYS be added back into the water after any form of purification.

Distilled Water

This is water that is completely clear of all contaminants.

It is, of course, also clear of all mineral content, and not easily assimilated unless treated by mineralizing.

Reverse Osmosis Water

Impure water is forced through a permeable membrane to create clean and demineralized water.

Therefore it is necessary to structure and remineralize the water.

Activated Carbon Filtered Water

Absorbs many compounds, including toxic compounds.

Manufacturer guidelines regarding replacement should be strictly followed as there can be a buildup of micro-organisms on the filters after use for some time.

Structuring and Mineralizing

Distilled water, or water purified by reverse osmosis, no longer contains trace elements naturally occurring in water

Structured water is easier for the body to assimilate, making it more easily absorbed and more hydrating.

Adding unrefined sea salt like Pink Himalayan or Celtic Sea Salt to your water will alkalinize, structure, and remineralize it.

This makes it significantly more hydrating, while also increasing its healthful benefits.

Pink Himalayan sea salt contains more than 80 trace minerals our bodies use to perform essential biological functions.

Unrefined salt like this has not been subjected to chemical removal of minerals or bleaching, like refined 'table' salt.

Element	Mg/1/4 tsp	%	Element	Mg/1/4 tsp	%
Aluminium	0.11	0.0095	Magnesium	5.2	0.441
Boron	0.01	0.00082	Manganese	0.02	0.0018
Bromine	0.01	0.00071	Potassium	2.7	0.227
Calcium	1.5	0.128	Praseodymium	0.04	0.0029
Carbon	0.6	0.049	Rubidium	0.01	0.00084
Cerium	0.02	0.00172	Silicon	1.2	0.052
Chloride	601.25	50.9	Sodium	460	33
Copper	0.02	0.00195	Strontium	0.03	0.00275
Erbium	0.02	0.00195	Sulfur	9.7	0.82
Fluoride	0.01	0.00109	Tin	0.02	0.00192
Gallium	0.01	0.00083	Titanium	0.01	0.00079
Iron	0.14	0.012	Zinc	0.03	0.00275

Unrefined salts have major health benefits, including:

- Alkalizing (reduces acidity)

- Balancing the function of the adrenal gland
- Lowering blood pressure
- Relieving muscle aches and cramps

Always add a pinch of unrefined sea salt.

A trusted brand: Solsalts from @solbrah.

Let's conclude with a few reminders

- You’re likely dehydrated, so drink more water
- Never drink chemical tap water
- Distilled and Reverse Osmosis water are the cleanest
- Unrefined Sea Salt makes water easy to absorb, structures, and adds many health benefits.

Not only is drinking an adequate amount of water crucial for optimal health and proper bodily function but the QUALITY also matters.

With so much of our environment being polluted, we need to be extra conscious of what we're putting IN our bodies, reducing toxins in all ways.