

# Water – Importance of Hydration



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Water is necessary for good health. Approximately 80% of the brain is composed of water. Therefore it is essential for neurological transmissions. Mental performance including attention, concentration and memory can decrease once a person feels the sense of thirst. This feeling is often accompanied with headaches, tiredness and impairment of the immune system increasing one's susceptibility to respiratory infections.

People are at higher risk on warmer days, and children in particular seem at risk. They are less aware of the sense of thirst, more easily overhear, and more easily dehydrate. Parents need to pay close attention to this. Children with ADHD according to Dr. Lyon's book, "Healing the Hyperactive Brain", are especially at risk for dehydration added to the fact that often the fluids drunk are sweet drinks. A major consideration is making certain that the water quality is good.

In conjunction to hydration it is necessary to have sufficient fatty acids, such as omega-3 fatty acids. Deficiencies can

double the fluids lost from the kidneys on a daily basis. Hydration is imperative for the body's ability to detoxify and cleanse tissues, maintain the bodily fluids of the immune system especially the lymphatic system as well as the musculature and synovial fluids.

There is oxygen enhanced water called O2Cool. It contains 8 times the oxygen of ordinary water with an alkaline pH of 8.4 made from artesian spring water, high in magnesium 34mg per serving and bottled in glass and tastes good!

In the 1980's Willard's Water became popular. It was developed by a mining engineer who thought creatively. He wondered why dinosaurs were so large. After analyzing coal derived from plant life existing during the age of the dinosaurs he found that the water distilled from the igneous coal increased enzyme activity and aiding the solubility of water dramatically.

It remains a favorite for increasing effects of nutrients. Even skin products are enhanced when using it as spritzes. There is also a dark form of Willard's Water that is less refined and more

appropriate for plants helping orchids and other plants to increase blossom size, growth, and frequency of blooming.



## MARK YOUR CALENDAR: JUNE, 2010 IS...

- » Fireworks Safety Months
- » Home Safety Month
- » Professional Wellness Month
- » National Aphasia Awareness Month
- » National Great Outdoors Month
- » National Safety Month
- » National Scoliosis Awareness Month
- » National Scleroderma Awareness Month
- » Vision Research Month

## JUNE EVENTS

- JUNE 1** Stand for Children Day
- JUNE 5** World Environment Day
- JUNE 5** National Trails Day
- JUNE 5** National Hunger Awareness Day
- JUNE 6** National Cancer Survivors Day
- JUNE 6-12** National Headache Awareness Week
- JUNE 6-12** Sun Safety Week
- JUNE 13** National Children's Day
- JUNE 14** World Blood Donor Day
- JUNE 14-20** National Men's Health Week
- JUNE 20-26** Lightning Safety Week
- JUNE 21** National ASK Day
- JUNE 27** National HIV Testing Day

# It takes a community to stop Liver Cancer and Hepatitis B

The recent launch of San Francisco Hep B Free's new ad campaign has created quite a stir, not just for its provocative "Which One Deserves to Die" message that highlights the shocking statistic that one in ten Asians is chronically infected with hepatitis B, but also for the cost to produce such a complex and broad-scale citywide campaign.

How did a small, non-profit organization with a very tight budget manage to roll out a public health campaign worth over a million dollars?

"This is a community that cares deeply about its own," says Christine Hsu, Project Director of SF Hep B Free. "We reached out to local businesses, media outlets, community groups and everyday individuals and asked them to participate. They got behind us en masse, and we can't thank them enough for their support."

Ten people from San Francisco's diverse Asian communities are featured in each ad theme. Pageant queens, physicians, basketball players and others can be seen on television, billboards, buses, METRO/BART stations, newspapers, and online. All of the sixty models were volunteers from the community, and numerous businesses donated their services, including DAE Advertising who provided advertising direction for nine months, pro bono.

"Not many productions we work on actually have the opportunity to save lives," said Dennis Chang of Amusa

Films, the film director who donated his time to direct the commercials along with his producer, Michael Siu. "Telling a compelling story that the audience can immediately identify with was essential to the effectiveness of the overall campaign."

Nick Wong, General Manager of the elegant Tommy Toys Restaurant, said,



"When they asked me if they could film the commercial at our restaurant, I didn't hesitate to say yes." The commercial features ten members of an Asian family taking a family portrait during dinner.

"A small organization like ours doesn't normally have big budgets to work with," said Ted Fang, Co-Founder, SF Hep B Free who shepherded the campaign's development. "We have the community behind us, alliances, partnerships and resources, but more funding is needed to continue the work we do and to help other groups wanting to replicate Hep B Free in their cities that are turning to us for advice and support."

*The campaign has received national attention and has been featured in The New York Times, CBS, PBS, and other local and national media. Visit SFhepBfree.org for more information.*

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# WHICH ONE DESERVES TO DIE?

1 in 10 Asian Americans is infected with hepatitis B, the leading cause of liver cancer. But hepatitis B can be treated, even prevented. Get the simple blood test. Stop liver cancer by stopping hepatitis B.

**B A HERO. SEE A DOCTOR WHO TESTS FOR HEP B.**

