

# Drinking Water Benefits Brain Dehydration



## Your Brain Can't Store Water. What Does Dehydration Cost Your Body and Business?

The cause of fuzzy brain – the inability to remember names, important details, calculate, and even produce symptoms of ADD in healthy adults – could be just as simple as not drinking water at the proper intervals during the day.

You are losing about 80 ounces of water daily through breathing, sweating and peeing. If you are in the norm, you are drinking 32 ounces of water daily. The cost of dehydration could be the difference between success and failure!

When I say “fuzzy brain”, what comes to mind? Lost momentum, unclear thinking, or the inability to follow through on a plan of action? Does it signal a sense of hopelessness in you that you will never accomplish your mission in the world? Does it stimulate depression or anxiety? Perhaps you know your brain could be different, but your outer evidence does not seem to be lining you up for a powerful win.

Fuzzy brain is not your fault, but the cure may be so much easier than you realize.

In my research, I have discovered millions of Americans are experiencing cognitive decline – in other words, their brains are increasingly not performing their tasks well.

I became interested in the brain because I've had the worst brain problems that you can imagine. I've had two traumatic brain injuries and to add insult to injury, as a child, I survived atomic bomb exposure. As a result, I ended up with multiple cancers, 17 surgeries, and death itself. Being profoundly ill, taking prescribed medications and radiation poisoning are not good for the brain. I'm here to tell you, even if you've been to hell and back, your brain can give you 100% function all day long!

I've had brain function as bad as it gets and it's the reason why I developed a process to remedy fuzzy brain. What I discovered in my research is that once the brain is up to 100% function, all areas of health and life can rise to 100% and hold there. In this article, I won't be able to give you the full 500-page dissertation I wrote on how applying quantum energy can upgrade your brain function to 100%, but I will give you the most important and simplest step you can implement today to get your brain working so much better.

### **Let's talk about proper hydration**

Are you a guzzler (meaning you guzzle 8-16 ounces of water after not drinking anything for 4 or 5 hours)? Or are you a sipper? If you're a sipper you drink 4 ounces every 30 minutes all day long. By the way, hydration is water intake, not coffee or green tea, which serves to dehydrate you.

If you are only 1 percent dehydrated, you will likely have a 5 percent decrease in cognitive function. If your brain drops 2 percent in body water, you may suffer from fuzzy short-term memory, inability to focus and have trouble calculating. Know that dehydration is linked to attention deficit in healthy people.

Imagine the long-term toll on your brain if you starve yourself of proper hydration for years. Could this be a factor in the rising numbers of people who are being affected by Dementia and Alzheimer's?

Are you now convinced that you need to change your drinking habits? Do you want to know the best way to do so?

### **The Sip Sixteen System**

Water must be taken into your body in its pure, natural state. Optimally, you will drink half your body weight in ounces daily. For example, if you are 130 pounds, drink 65 ounce of water. If you were drinking this in 4-ounce increments, you would take sixteen 4 ounce water enhancements daily. I call this the 'sip sixteen system'.

### **The Miracle of Water in the Body and Brain**

Water gives the brain the electrical energy for all brain functions, including **thought** and **memory** processes. If you experience memory lapses, drink more water. Water is vital to energy production in your cells, and in your

overall **metabolism**, production of **hormones**, **nerve function** and **neurotransmission**.

When your brain is functioning on a full reserve of water, and you've taken in sixteen 4 oz water enhancements with the 'sip sixteen' system, you will be able to **think faster, be more focused, and experience greater clarity and creativity all day long**.

If you suffer from fuzzy brain, you've lost hundreds of hours of productive, clear focused work time. I challenge you to follow the simple '**sip sixteen' system** for the next 21 days and watch your fuzzy brain disappear. Good health and better brain function are already within you. The choice is yours: how good could your life be with a better sharper brain? You choose!