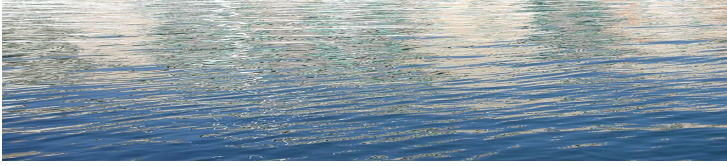


THE WISDOM AND KNOWLEDGE OF WATER



There is no question that water is vital to us as it is an essential component to life. It helps us in many ways from nutrition to the healing arts. This is nothing new since our ancestors have known this for thousands of years. So, let me bring up some interesting points that you may not be aware or key reminders so I can help you function healthier in your daily lives.

Did you know that newborn babies are approximately 95% water and this is reduced as we get older. As adults, we are about 75% water. Our bones also contain water which is about 20% and our brain consist of 85%. Our planet is covered in water and that is around 70%. So was that shocking news or what? Well, that may have been a surprise for a few or some of us that werent aware of these statistical figures. So, I've given you an idea of how water surrounds us externally or within our bodies internally. It only makes sense that water is a healing substance or an integral element in our daily lives since we and the earth are made of water.

For many cultures around the world it is very important and it is the meaning of life. They certainly knew the importance of water wanting to retain its purity. They are all correct since it is a source of life, healing powers, and meaning to some cultures with tradition. Healers in Africa store their water in quartz crystal. It is a small crystal of quartz that is cut along certain axes to be a vibrational or frequency level. Water is often used in many religious rites such as baptism or the importance of general bathing as a health practice for the Greeks. Some use water as a purification of sacred places. The city of Mecca in Islam has a sacred spring that every religious Muslim is supposed to stop by at this location.

Being Chinese I also began to research my roots over the years and we keep our water in jaded vases preserving the key importance of emotional, mental, and spiritual energies. Other cultures such as the Aztecs kept their waters in Obsidian jars. The, Jewish holiday Yom Kippur has some

communities practicing of throwing their sins to the nearest body of water purifying and dissolving sins to begin a fresh new year. As well water has been an important part of ritual with washing of the hands with a prayer before a meal, fasting, women's ritual baths. The Hindu text also discuss about the Prana which is seen as water for the breath of life. As well, the Hebrew letter Mem also means life, mother, womb, and sea.

An improper hydration is another factor or many of the diseases that we develop such as weight issues, skin disorders, arthritis, diabetes, heart disease, cancer, etc. By drinking more pure water it helps reduce many of these diseases by reducing the inflammation in our bodies. It will increase the antioxidants and boost the healing powers of water. As well, assist in balancing our hormones, neurological functions, and even control our mental and emotional state. Besides the benefits that water assists with our organs. It also contains no calories, cholesterol, fat and sodium is low. It is nature's appetite suppressant as it helps the body to metabolize fat. Evidence has shown that low water intakes yield an increase in fat deposits. Conversely, a high water intake reduces the amount fat deposits. Also, the kidneys cannot function properly with adequate amount of water. As a result, some of the stress is directed to the liver, in turn preventing the liver from operating at peak levels.

One last note, water can definitely help those wonderful teenage or adult years? Well, what I am referring to is acne and it's something most of us have gone through. Water is a detoxifier and it has the ability to assist in removing toxins from our body. Now let me ask you, are you are getting enough water on a daily basis?

UPCOMING PROJECTS:

A series of E-Books completed for February 2010. In addition, I will be launching a best selling book as the Ultimate Guide with healing concerning health, nutrition, mind, body, and soul. Further details will follow and a release date will be early 2010. Be sure to inquire about the **full version E-Book of The Wisdom and Knowledge of Water** as I will discuss in detail how to heal with water. It will be a step by step guide.

RICHARD CHAN:



Richard Chan has written publications online, a freelance writer, and author. The creator of the F.L.E.X. approach which stands for Focus (a persons mind and intention), Lifestyle (extends to you making the necessary changes by adjusting yourself to those variables), Energy (staying upbeat with a positive attitude), and Xercise (to stay healthy with our mind, body, and soul). He is also looking forward to traveling to the U.S and internationally promoting health. He will be sharing a best selling book for early 2010. It will be the Ultimate Guide with healing concerning health, nutrition, mind, body, and soul. You can also listen to Richard along with 2-3 million others on a monthly basis at <http://www.voiceamerica.com> on the station 7th Wave. It is the top show on their network. The show **F.L.E.X. APPROACH** will commence on January 25, 2010 at 7 pm EST. For more details, please visit <http://www.flexnation.org>.

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The material provided as is and the reader assumes all risks from the use, non-use or misuse of this information. The information in this book is not a replacement of conventional medicine. However, recognized, documented and supported by many physicians and health care professionals with the discussion of water.

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