HUMAN FAQ

What about . . . EXERCISE & HYDRATION?

Heavy exercise results in heavy sweating and that means drinking loads of water. Right? Well, that's only part of it ...

Most of us require approximately 1 quart of water per 50 pounds of body weight or about 3 quarts of water for a 150 pound individual. However, the water drunk needs to be pure of additives such as chlorine and fluoride. A reverse-osmosis (RO) filtration system is the only way, aside from distillation, that fluoride can be neutralized. Of course, if you have a source of high quality, tested, natural spring or well water, that would be ideal.

Drinking too little water can result in *dehydration*. Most people in this country suffer from low levels of dehydration which can be determined by simply pinching a bit of skin on the top of your forearm: if, when skin is released, it immediately returns to normal, that's good; if skin stays pinched, that's not good. Dehydration can result in symptoms as varied as headaches, constipation, digestive ills, mental fuzziness, and even heat stroke.

The flip side of dehydration is *hyponatremia* (too much water) which occurs most frequently in marathon runners. Because of this, the American College of Sports Medicine has suggested drinking only when thirsty, drinking as much as you sweat, and weighing yourself after training or running; if you weigh more, you have drunk too much. Symptoms of hyponatremia include nausea, vomiting, weakness and, in severe cases, seizures, coma and death due to swelling of the brain.

The ultimate cause of *both* sets of symptoms is due to a disruption of critical electrolyte balance within cellular structures. This is one reason why sports drinks containing electrolytes are so popular. Unfortunately, such drinks contain *inorganic* minerals which can lead to an acidic pH balance. They also contain sugar (sometimes up to 8 teaspoons), aspartame or other artificial sweeteners, high acid levels (which can dissolve tooth enamel especially when saliva levels are low during and following athletic endeavor) plus various additives for coloring and preserving. Is this *really* what you want to drink?

Perhaps a better option is to drink water rich in natural, colloidal, bio-available electrolytes. This can be accomplished by simply adding some ***DYNAMITE*** **Elixir** to your pure drinking water. If you are already supplementing with the ***DYNAMITE*** basics of **Regular** (suggested for athletes) and **TriMins Plus**, the **Elixir** will provide the electrolyte balance vital for health. One suggestion is to add approximately 1 ounce **Elixir** per 64 oz. of your day's supply of water, then putting the mix into glass, stainless or Nalgene HDPE (printed on the bottom; all others can leach BPA) water bottles, and using that mix as your sole water source throughout the day. There are even practical (and fashionable) bottle holsters available.

Better yet, use activated **Catalyst Water** as a base for your **Elixir** blend. The **Catalyst Water** enables even more effective cellular ion exchange meaning the water, in effect, becomes "wetter" allowing a smaller amount of water to be more effective. Some intrepid distributors have also been known to add a half a teaspoon of equine **DynaSpark** electrolytes to your **Elixir/Catalyst Water** blend saying it tastes great and gives them more "staying" power.

Another idea is to freeze fresh (not canned) vegetable juice (carrot/celery/kale is an excellent choice) in ice cube trays and pop a cube or two into your **Elixir/Catalyst Water** bottle; it will both keep it cool and provide just the right amount of extra electrolytes and carbohydrates as it melts.

For those athletes who suffer from muscle cramps (excess lactic acid) during and/or after workouts, increasing **TriMins** amounts (possibly up to 8) per day has made the difference for most, while some individuals require the addition of 1-2 **PMS** capsules per day boost magnesium levels up to meet personal requirements. Most athletes also might also consider adding **Athletic Formula** to their supplement regimen to help build muscle, **Hiscorbayne** for vascular support and **Free & Easy** for joint support.

AFTER ALL, athletic endeavors are stressful to the body, especially growing ones; supplementing, and hydrating, a superior, alkaline pH diet appropriately can eliminate future breakdowns from over-stress. ■