

Ripple Effect # 54

KEEPING HEALTHY WITH WATER

Has your brain had enough to drink today?

It's easy to take water for granted. We wash our bodies with it, our clothes, even our cars and farm equipment. Forgetting that it is what water does **INSIDE** our bodies—every day—that is critical to our health and very survival.

What **IS** this big thing about water and our bodies anyway? With the eight glasses I am supposed to drink each day? More if I'm exercising or ill.

Well, you may have heard that water is part of a healthy diet. It helps in digesting food—that's what gives us our energy.

And you may have learned that the water in our body fluids, such as blood, carries nutrients throughout our bodies to wherever they need to go.

But we often forget how quickly water disappears from our body—every time we exhale, day or night, we lose water along with the carbon dioxide.

And most of us don't consider the many more specific ways that water keeps our bodies healthy and functioning, every minute of the day, whether we are six or sixty. For instance:

- Water helps maintain muscle tone and keeps our skin supple.
- Water, in special fluids in joints, helps our bones slide more smoothly.
- Water helps control body temperature and moves waste out of the skin.
- In the kidneys and large intestine, water helps remove waste materials.
- Our brain is 75% water. Water keeps the brain active and alert—and helps us function at the top of our mental and physical game every day!

With water serving these critical functions—without it our body cannot survive for more than several days—don't we want our water to be free of harmful contaminants? And don't we want to do our parts, whether as a household, farm, industry to do whatever we can to contribute to and ensure that our family, and families and communities throughout the Red River Basin, have access to quality water, today and fifty years down the road? Watch for future *Ripple Effect* articles that explore ways that each of us can do our part in this ongoing effort so critical to keeping our bodies functioning. And our communities. And our world. Life-sustaining water. Take a sip—but never take it for granted.

Information for this article was found in a Project WET International publication, *Spring Waters: Gathering Places*.

Until the next Ripple Effect,

The Red River Basin Commission (RRBC)

The RRBC is a grassroots organization that is a chartered not-for-profit corporation under the provisions of Manitoba, North Dakota, Minnesota, and South Dakota law. Our offices in Moorhead, MN and Winnipeg, MB can be reached at 218-291-0422 and 204-982-7254, or you can check out our website at www.redriverbasincommission.org.

