

WATER

Water is an excellent conductor of electrical energy. Two-thirds of the human body (about seventy percent) is made up of water. All of the electrical and chemical actions of the brain and central nervous system are dependent on the conductivity of electrical currents between the brain and the sensory organs, facilitated by water. Like rain falling on the ground, water is best absorbed by the body when provided in frequent small amounts.

TEACHING TIPS

- Psychological or environmental stress depletes the body of water, leaving cells dehydrated.
- Water is essential to proper lymphatic function. (The nourishment of the cells and removal of waste is dependent on this lymphatic action.)
- All other liquids are processed in the body as food, and do not serve the body's water needs.
- Water is most easily absorbed at room temperature.
- Excessive water taken less than twenty minutes before or one hour after meals may dilute digestive juices.
- Foods that naturally contain water, like fruits and vegetables, help to lubricate the system, including the intestines. Their cleansing action facilitates absorption of water through the intestinal wall.
- Processed foods do not contain water, and, like caffeinated drinks, may be dehydrating.
- Working with electronic equipment (e.g., computer terminals, TV) is dehydrating to the body.
- The traditional way of determining water needs is to figure one ounce of water per day for every three pounds of body weight; double that in times of stress (see box).
- Unless you are a doctor, it may be illegal to prescribe water amounts for another person. With proper information, the student can determine his own needs.

ACTIVATES THE BRAIN FOR

- efficient electrical and chemical action between the brain and the nervous system
- efficient storage and retrieval of information

ACADEMIC SKILLS

- all academic skills are improved by adequate hydration
- water intake is vital before test-taking or at other times that possible stress is anticipated

BEHAVIORAL/POSTURAL CORRELATES

- improved concentration (alleviates mental fatigue)
- a heightened ability to move and participate
- improved mental and physical coordination (alleviates many difficulties related to neurological switching)
- stress release, enhancing communication and social skills

RELATED MOVEMENTS

Brain Buttons, p. 25
Earth Buttons, p. 26
Space Buttons, p. 28

Hook-ups, p. 31
Cross Crawl, p. 4

WHY WE EMPHASIZE WATER

As a marathon runner, Dr. Dennison learned the many benefits of replenishing his system with water. At his learning centers, he noticed that students would arrive thirsty, drink great quantities of the bottled water in his office, and seem more alert and refreshed afterward. This observation led Dr. Dennison to look even further into the value of water.



Figuring Water Needs by Body Weight

weight $\div 3 =$ number of ounces
of ounces $\div 8 =$ number of glasses per day
i.e., 144 lbs. $\div 3 = 48$ ounces
48 ounces $\div 8 = 6$ glasses of water per day

A 144-lb. person needs about 6 glasses of water per day.