



# wonders of water

## “Eat Your Water”--Stay Hydrated with High-Water-Content Foods

Cool, clear and cleansing water makes up about 60 percent of your body weight. Every living and healing process that happens inside your body depends on water. It regulates your body temperatures, carries nutrients and oxygen to the cells, eliminates toxins, and provides a moist environment for body tissues and provides lubrication to your joints.

While everyone needs to drink plenty of clear pure water each day, research shows that eating foods with a high water content can provide up to 20 percent of your body's water needs. Many fruits and vegetables, such as broccoli, tomatoes, cucumber and watermelon contain 90 percent or higher water content by weight.

You may also be surprised to discover that avocados and plain yogurt contain upwards of 80 percent water!

## Here's a list of some of our favorite high-water foods:

### 90% or Higher Water Content

**Bell Peppers:** Sweet red bell peppers have even more vitamin C than oranges. They're also 92 percent water — a delicious hydrating addition to your summer meals.

**Broccoli:** This cruciferous veggie appears dense, but it is actually 91 percent water — great news because compounds in broccoli have been shown to help reduce cancer risk and more.

**Cantaloupe:** These melons are bursting with vitamins A and C and a compound called adenosine, which has heart-health benefits. Plus, they are 90 percent water.

**Celery:** Although it is not true that celery is a zero-calorie food (there's really no such thing), this veggie is a whopping 95 percent water.

**Cucumber:** One of summer's favorite water-packed veggies, cucumbers contain 96 percent water.

**Endive:** One of the most water-dense leafy greens out there, endives are nearly 95 percent water.

**Grapefruit:** Citrus is typically grown in the winter and spring, but the juicy fruits can still help hydrate you this summer. Grapefruits are about 91 percent water, with the ruby red variety containing the most water.

**Radishes:** They're an often-overlooked veggie, but here's one great reason to add radishes to your summer salad rotation: They are 95 percent water. As a bonus, they're high in riboflavin, fiber, calcium and magnesium.

**Spinach:** Popeye was on to something. Spinach is not only rich in iron, but it is also 92 percent water.

**Strawberries:** Strawberries are 92 percent water. They're perfect for making creamy smoothies or topping for yogurt.



**Tomatoes:** Tomatoes are high in the antioxidant lycopene, known as a potent cancer preventer. Red tomatoes are 94 percent water while the green variety is about 93 percent water.

**Zucchini:** Raw zucchini is 95 percent water and has just 21 calories a cup. It's a good source of vitamin C, manganese and other essential phytonutrients.

**Watermelon:** This juicy summer treat is one of the most hydrating fruits, as 92 percent of the sweet red flesh is water.

#### **Between 80% and 90% Water Content**

**Apples:** An apple a day could help keep you hydrated, as the fruit is 84 percent water.

**Avocados:** Avocados are famous for their high fiber and heart-healthy monounsaturated fats, but they also contain 81 percent water by weight!

**Blueberries and blackberries:** Blueberries and blackberries are more than 85 percent water, while These are great for making your own fruit infused vitamin water.

**Carrots:** Your mom was right: Carotenoid-rich carrots really do help maintain your vision. They're also 87 percent water.

**Cherries:** These tiny stone fruits are 80 percent water. That means if you eat a full cup of cherries (with pits), you will consume almost half a cup of water.

**Grapes:** These berries (yes, grapes are actually berries) are 81 percent water. Grapes are high in vitamins C and K while grape seeds are full of additional antioxidants.

**Mango:** One cup of mango slices will give you more than a half cup of water; they contain 83 percent water.

**Oranges:** Juicy oranges are 87 percent water, plus they're packed with vitamin C

**Pears:** Eating a white-fleshed fruit, such as a pear, every day might cut your stroke risk in half, a 2011 study published in the journal Stroke found. These hydrating fruits are 84 percent water.

**Pineapple:** Juicy pineapple delivers the compound bromelain, a powerful anti-inflammatory agent. These tropical plants are about 87 percent water.

**Plums:** Plums are stone fruits, a group shown to help prevent heart disease, stroke and type 2 diabetes, according to researchers at Texas A&M. Plums are 85 percent water.

**Yogurt:** Depending on your preferred type, regular plain yogurt is 85 to 88% water (surprisingly, there's more water in full-fat yogurt). You'll also get calcium and some B vitamins.

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## **Tips for Keeping your Spiritual Tank Full!**

The word full means containing or holding as much or as many as possible; having no empty space! We want to keep our spirit full so that we can be abundantly supplied to pour out the right words or serve others as the Lord leads us.

1. Spend 20 minutes in the morning reading or listening to a Faith message.
2. Listen to your favorite worship music in the car and SING!
3. Join a prayer group on Facebook. Spending time with others who are like minded helps build up your spirit.
4. Join a Bible Study and be committed to engaging in the study and with the other women in your class.
5. Make a list of your favorite scriptures and speak them each morning.

***And the Lord will guide you continually, and satisfy you with all good things, and keep you healthy too; and you will be like a well-watered garden, like an ever-flowing spring. Isaiah 58:11 TLB***



## Jump In! The Water is Fine Workout

**1 min.**— Jog from one end of the pool to the other.

**1 min.**—Flutter kicks--holding on to the side of the pool, kick your legs underwater

**1 min.**—Triceps dips on the pool edge—with your back to the pool edge, hold onto the edge with both hands. Lift your body out of the water and then lower in back into the water. Keep your core engaged by keeping that belly button pulled in.

**1 min.**—High knees

**1 min.**—Speed bag—Quickly spin one hand over the other under the water. Try doing it while you are treading water for an added challenge.

**1 min.**—Jumping jacks

**1 min.**—Shoulder raises, alternating front and side

**1 min.**—Scissor jumps—jump left leg forward while simultaneously jumping right leg behind you. Alternate quickly.

**1 min.**—Chest openers and closers

**1 min.**—Alternating front kicks with alternate forward punches. Right leg kicks forward while left arm punches forward. Alternate quickly.

**1 min.**—Double leg lifts—hang onto the side of pool w/back towards pool edge. Lift legs to 90° and slowly & intently release legs back down to vertical.

**1 min.**—Sculling—with your knees tucked to your chest, cup your hands and move them quickly back and forth in a figure-8 motion to keep your head above water.

**1 min.**—Skaters—starting from a wide stance, leap side to side.

**Repeat entire circuit.**

## JOIN A REV FIT CLASS

### Rev Fit

Day: Mon/Fri

Time: 9am

Location: Fox Crossing Park - 3572 S Sandpiper Dr, Chandler, AZ 85248

### Rev Fit Express

Day: Tues/Thurs

Time: 5:40 - 6:15 am

Location: Fox Crossing Park - 3572 S Sandpiper Dr, Chandler, AZ 85248

No registration required. Email [kathy@faithandfood.org](mailto:kathy@faithandfood.org) for more information.



## PURE WATER CAN HELP YOU DETOXYFY, REDUCE STRESS, BOOST ENERGY, AND LOSE WEIGHT.

### What's the differences in bottled water?

Pure water is a type of “whole food.” Like other whole foods, when it is tampered with, it loses most of its precious healing properties.

**Purified water** — Purified water is water that can come from any source, and has been purified to remove any chemicals or contaminants. It has its advantages and disadvantages, the advantages being that potentially harmful chemicals may be taken out and the disadvantage being that beneficial minerals may be taken out as well.

**Distilled water** — It's water that has gone through a steam distillation process that removes not only contaminants, but also the natural minerals. This water is not necessarily the best for human consumption, since all of the water's natural, and often beneficial, minerals are absent.

**Spring water** — This is what you often find in bottled water. It's from an underground source and is the only type of water you should drink. Spring water has been filtered by the earth in ways we do not completely understand and works better than any invented means of purifying water.

Though spring water is ideally the best type of water, not all bottled spring water is created equal. A lot of bottled water is labeled as spring water, but the source of that water is often a mystery. You need to do your research to figure out which brands have harmful filtering systems and those that allow the earth to filter it.

**Oxygenated water** — Oxygenated water is water that has had additional oxygen added to it under pressure. Some claim the extra oxygen boosts the immune system, improves digestion, helps the heart and muscles work better during exercise, and helps dissolve fatty tissues. Unfortunately, the jury is still out as there is yet no scientific proof that drinking oxygenated water has any health benefits.

### Interesting tid-bits to keep in mind

- By the time a person feels thirsty, his or her body has lost over 1 percent of its total water amount. In other words, if you feel thirsty, you are already dehydrated.
- About 40 percent of bottled water IS regular tap water, which may or may not have received any additional treatment.
- The EPA requires large public water suppliers to test for contaminants as often as several times a day, but the FDA requires private bottlers to test for contaminants only once a week, once a year, or once every four years, depending on the contaminant.
- Ice Age water from a remote glacier in Canada has a really good mineral profile in it's water.
- Remote Hawaiian locations run their water through mineral-rich volcanic rock. Hawaii is one of the most remote places on earth and produces very healthy water.
- Commercial sports drinks and waters contain food dyes that pose a “rainbow of risks” – cancer, hyperactivity, etc.
- Most spring water from remote places on earth will be free from pollutants and is said to quench your thirst quicker leaving you more hydrated.
- Many plastic water bottles contain a harmful chemical called Bisphenol A (BPA) that can easily leach from the plastic into the water. BPA is a chemical that mimics the female hormone estrogen and can disrupt the endocrine system, even in small amounts. It has been linked to infertility, breast and reproductive system cancer, obesity, diabetes, early puberty, and behavioral changes in children. Look for bottles labeled as BPA-free. Some, but not all, plastics marked with recycle codes 3 or 7 may be made with BPA.

**Every 11 months the body recreates itself! Healthy cells = overall well being.**

**Your little water choices do matter!**

## Eat Your Water Recipes

### SWEET ORANGE GINGER BROCCOLI SALAD

Handful of pitted dates, preferably Medjool

1/2 orange, peeled

1 teaspoon fresh ginger

1/4 cup gluten-free low sodium Tamari sauce

1 teaspoon unrefined toasted sesame oil

4 cups chopped broccoli

Blend all ingredients except broccoli in a blender. Pour over broccoli and toss. Serve immediately or refrigerate to eat later. Makes 4 Servings

### CLASSIC CUCUMBER & TOMATO SALAD

2 medium cucumbers, peeled and thinly sliced

2 cups grape or cherry tomatoes, slice in half lengthwise

1/2 red onion, thinly sliced

1/4 teaspoon black pepper

Sea salt to taste

2 tablespoons fresh dill

2 tablespoons quality white balsamic vinegar

1 tablespoon extra-virgin olive oil

1 teaspoon Dijon Mustard

1 teaspoon honey or pure maple syrup, optional

In a large salad bowl combine cucumbers, tomatoes and onion. Whisk together the remaining ingredients and pour over cucumber and tomato mix, toss to coat.

### CRUNCHY & SWEET APPLE CHICKEN SALAD

1 boneless skinless chicken breast, cooked and diced

2 apples, cored and diced

5 stalks celery, diced

1/4 cup walnuts

1/2 cup grapes, sliced in half

1/4 cup dried cranberries (optional)

4 tablespoons lemon juice

1/4 teaspoon cinnamon

Dash of nutmeg

Dash of cardamon

Dash of sea salt

Stevia to taste

Wedge of lemon

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy. Makes 2 servings.

### FAST FROZEN YOGURT

1 (16-ounce) package frozen unsweetened organic strawberries, (about 3-1/2 cups)

1/2 teaspoon liquid stevia

1 teaspoon pure vanilla extract

1/2 cup plain organic full fat yogurt

Place all ingredients into a high powered blender or food processor in the order listed. Process until creamy and firm, about 2-3 minutes. The frozen yogurt should be the consistency of a soft-serve ice cream and firm enough to be served directly from the blender or food processor. If it is too liquid, add more frozen fruit and blend again until firm  
Makes 4 servings



## SUGAR-FREE MINTY LEMONADE

8 cups cold water  
Juice of 8 lemons (or 8 tablespoons bottled lemon juice)  
1 bunch fresh mint leaves  
1 teaspoon liquid stevia

Place the water in a large pitcher. Roll the mint leaves between your palms a few times to release the mint oil in the leaves, then add them to the water. Add in the lemon juice and stevia. Stir to mix. Serve over ice. Makes 8 cups.

## HOW TO MAKE INFUSED WATER

**Water can be infused with herbs, spices, fruit and vegetables. Some will give flavor right away, some take a few hours to infuse.**

### **Basic Recipe (Makes 2 quarts)**

2 cups fresh or frozen fruits (any kind except banana) or soft veggies such as cucumbers  
2 quarts drinking water, cool or room temperature  
1 sprig fresh herbs or 2 drops natural extract, such as mint (optional)

#### **Gather containers and ingredients**

The best containers to use are pitchers with lids or glass jars with lids. Clean the fruits, veggies or herbs you are using. Try to use organic produce whenever possible. Add the desired fruits or veggies to the container. Use the handle of a wooden spoon or the flat end of a kitchen mallet to gently press and twist the fruits/veggies just enough to release some of the juices. Do not crush or pulverize. If using frozen fruits/veggies, allow them to thaw before pressing.

Fill the container with water, stir, cover and refrigerate.

#### **Give it a little time**

You can drink the water immediately, but the best method is to leave the container in the refrigerator for a few hours to overnight to allow the flavors to infuse. The longer it sits, the more flavorful and nutritious the water will be. Some fruits or herbs will infuse more quickly than others. Citrus flavors are instant. Herbs take a little longer. Berries take a few hours and will also release color into the water. The infusion will stay fresh for up to 3 days.

#### **Drink and enjoy**

Pour a glass and enjoy! If you drink all the water before 3 days are up, you can refill the water a few times and let the fruits/veggies infuse again, but the flavors won't be as pronounced.

### **Flavor combinations you may want to try:**

Blueberry Lemon Mint  
Cucumber Citrus (oranges, limes and cucumber)  
Apple Raspberry Rosemary  
Watermelon Mint  
Pina Colada (press 2 cups pineapple chunks in a container and fill with half coconut water and half plain water)

## SUPER QUICK INFUSED WATER

If you don't have time to make a big batch, you can still enjoy refreshing infused water on the spot when desired. Make a quick infusion by adding a few frozen berries into your personal water bottle, fill and take it to go. As the frozen fruit melts, it releases its nice berry flavor.



NOTES:

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