

2. The Gift of LIVING WATER and LIVE FOODS

Water is an essential and major component of all living matter, and it is the largest single component of the body. An adult can live several weeks without food, but no more than about 10 days without water. Again, according to Hendler, our brains are approximately 80% water! Digestion, circulation, and excretion cannot occur without it. It carries nutrients and all vital body substances, plays a crucial role in maintaining body temperature, and serves as building material for growth and repair of the body.

Have you been keeping your body properly hydrated, both through the fluids you drink and the foods you eat?

- *Write down everything that has passed your lips in the past 24 hours.*
- *What percentage of your diet is made up of water-rich foods?*

70% of your diet should consist of water-rich foods. This allows your body to cleanse itself. Failing to consume this percentage of water means you are *clogging* your body, not cleansing it.

A typical American diet, consisting of only 15% water-rich foods, is suicide.

What Is the Minimum Amount of Water You Need to Survive?

- **You can lose 50% of your glucose.**
- **You can lose 50% of your fat.**
- **You can lose 50% of your protein.**
- **You can lose only 20% of your water!**

Every time you reach for food, ask yourself, “Will this cleanse me... or clog me?”