

The Importance of



This letter is about the effect of water on people's health. I have witnessed far too much illness in the past couple of years not to share some pertinent information with the people who are so important to me; my customers and friends who I owe so much to.

Being part of the green industry, I believe that we all know how important water is to the health of plants. Because last year was so very hot and dry, many trees and shrubs have become stressed, making them more susceptible to insect and disease damage this coming year.

Our environment has changed dramatically over the last century. We are exposed to many more poisons in our food and air. Foods are processed, grown in mineral depleted soils, and sprayed with chemicals. The air that we breathe is no longer pure. It is often re-circulated in office buildings or has impurities from industrial pollution. Our air also contains far less oxygen than it did one hundred years ago. Consumption of alcohol and smoking are also not the healthiest things we can do.

Poisons leave our bodies in three ways: perspiration, urination and defecation. All of these require a fully hydrated body to properly function. Chronic dehydration is invisible to us all. We don't know it is occurring, but it will slowly effect our health, happiness and length of life.

I believe all illness begins at a cellular level. A cell needs to pass nutrients into the cell through the cell wall and it needs to pass waste back through the cell wall in order to be healthy. This is known as osmosis. A cell needs to be turgid in order to perform this task. When we are dehydrated, osmosis is impaired. Waste from the cell does not leave efficiently and poisons begin to accumulate in the cell, thus causing illnesses.

As we age, our bodies become more acidic. We have the most neutral pH when we are born. Slowly our bodies become more acidic until the day we die, that being the most acidic pH. This increase on our body's acidity also effects osmosis greatly. The electrical charge outside the cell wall is affected, reducing osmosis. Consumption of water will increase the turgidity of the cell, thus increasing osmosis, it will also help reduce the acidity in our bodies. As horticulturalists, we all are aware of what we do to acid soils to increase our plants health. How about treating yourself to some calcium and magnesium?

Cancer cells cannot survive in a body that has an alkaline or neutral pH level. They can only survive and grow in an acidic pH.

Coffee, soda, alcohol and stress contribute to dehydration in our bodies. At least I don't drink soda! You can compensate for these vices by increasing your daily water intake. Water helps flush out the poisons and impurities from the body. Think of what would happen to the water in your pool if you never back-washed your pool filter!

Today's doctors mean well, but they really only treat illness, instead of curing it. They do not get to the cause. Usually their treatment masks the illness for a while and then it reoccurs. Thomas Edison once said, "The doctor of the future will give no medicine, but will instruct his patients in the care of the human frame, in diet, and in the cause and



the prevention of disease." One must change his or her lifestyle when looking for a cure. Eating healthy, exercising and drinking water is a must! If you or someone you know is on prescription drugs, it is very important to drink enough water to counteract the damage that may occur to your liver or kidneys from these medications.

High blood pressure is partially a result of chronic dehydration, among other things. Did you know that heart attacks and strokes are not caused from too much cholesterol? When our bodies become acidic, we begin to dissolve the inner wall of our arteries. The body then begins to attach a layer or a patch on the inside wall to strengthen them so they do not burst. This reduces the flow of blood, causing heart disease. Blood pressure medication and stints in your arteries are treatments, not cures! Reduce your acidity.

How much water are you supposed to drink? A person should drink at least half of their body weight in ounces per day. Don't drink your water cold or with ice, as it will upset your stomach. Drink it at room temperature, it goes down easier and is better for you, according to Chinese medicine. Any water is better than no water. We are blessed with some of the purest water here in New England. Well water in this area is very good because it has a lot of minerals. I recommend you disconnect your water softener, as I did. You may have some calcium deposits in your shower but you will be getting the minerals that your body needs.

I have been preaching about the benefits of water for approximately two years. Few people listen to or believe what I have been saying, because the answer is just too simple for them. It seems that people need to have a more complicated solution to have it be believable. God has given us everything we need to lead a healthy and happy life. If you don't believe me, ask him yourself. He is the one who put me up to writing this letter.

From all of us at Hardscrabble Farms, Zino Nurseries, and Shagbark Farms, thank you for your business these past years. Good luck to everyone this year, may it be a healthy and prosperous one!

Sincerely,

Robert Covino

Remember: Drink water!!!

