

Water fundamental for healthy life

By Glenn Ellis
Special to Sentinel-Voice

Recently, a neighbor stopped by to get a little health advice. During the course of our session, it became clear that at the heart of his concerns was insufficient water consumption. The man was chronically dehydrated. After about an hour of this discussion, it was clear to me that there is no such thing as writing too much about the importance of water.

What kinds of symptoms result from drinking too little water? Most commonly, constipation, dry and itchy skin, acne, nose bleeds, repeated urinary tract infections, dry and unproductive coughs, constant sneezing, sinus pressure, and headaches. When water becomes scarce, the body tries to limit the amount it loses through breathing, mucous production, urination, perspiration and bowel movements.

The human body is 75 percent water. The brain is 85 percent water. The cells of our body rest in water and are surrounded by water. Maintaining the fluidity of the body is required for optimal health.

One of the aspects of physiological aging is reduced fluid in tissues. Instead of being juicy, we become drier. The tendons of the muscles and the ligaments of the joints and the bones become less fluid, less resilient. To keep the physical body as young as possible, we must

maintain circulation. Drink plenty of water to replenish what is used and to keep the body fluid. Move the body often to assist in circulation of fluids. Breathe deep and fully. Think of the body as a park filled with many beautiful fountains and ponds. Keep the water from becoming stagnant or depleted by continuously replenishing with fresh, living water.

Obviously, we all lose some water through urination, a natural requirement for the removal of various toxins from the body. When fluid volume is diminished, however, the ability of the body to remove toxins through urination is also diminished. It is a mistake to think that the more water we drink, the harder it is on the kidneys. In fact, except for people with some uncommon kidney problems, the opposite is true. Water-soluble toxins cannot be easily removed through the bowels, especially when a lack of water also causes constipation. These toxins then must be eliminated in other ways such as through the skin. The increase in body toxin levels can cause headaches and fatigue. The attempt by the body to remove excess levels of unwanted chemicals through the skin can cause acne and will aggravate eczema.

In addition, too little water will result in the kidneys not having enough fluid to do their job. When this happens, the liver must lend the kid-

neys a hand and then the liver won't be able to carry out its 500 chemical functions. This can trigger other problems in the body.

Water must be continuously replaced since, on average, a quart and a half is lost on a daily basis through breathing. You can live without food for several weeks, but you could only go up to a week without water. The best way to get this water is by drinking plain water, but other beverages, such as fruit juices and non-caffeinated drinks are also good sources of water. Fruits and vegetables can also be good sources of water.

Caffeinated and alcoholic beverages, while they do supply water to the body initially, contain diuretics that cause the body to lose water.

In the dry, hot air of winter and very hot days of summer, drink at least 10 glasses of water daily for optimal health.

Let me give you some facts on why water is fundamental:

1. Seventy-five percent of people are chronically dehydrated.
2. In 37 percent of people, the thirst mechanism is so weak that it is mistaken for hunger.
3. Even mild dehydration will slow down one's metabolism as much as 3 percent.
4. One glass of water will shut down midnight hunger pangs for almost 100 percent of dieters.

5. Lack of water is the leading trigger of daytime fatigue.

6. Preliminary research indicates that eight to 10 glasses of water a day could significantly ease back and joint pain for up to 80 percent of sufferers.

7. A mere 2 percent drop

in body water can trigger fuzzy, short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

8. Drinking five glasses of water daily decreases the risk of colon cancer by 45 percent, plus it can slash the risk

of breast cancer by 79 percent, and one is 50 percent less likely to develop bladder cancer.

Are you drinking the amount of water you should drink every day?

Glenn Ellis is an author and radio host on African-American health issues.

Nigerian summit unites Africans, Black America

By Lorinda M. Bullock
Special to Sentinel-Voice

WASHINGTON (NNPA) - Black American leaders in business and international affairs will travel to Abuja, Nigeria, in July, joining prominent African leaders in politics and business to take part in the seventh annual Leon Sullivan Summit, formerly known as the African/African-American Summit.

The four-day conference is held to promote the advancement of business, education, technology and health in African nations. Organizers expect nearly 6,000 delegates from 35 nations, including the Caribbean and Korea.

"Everybody who goes to the continent talks about how many children are dying and the ravages of AIDS and malaria and genocide and corruption. But at our sum-

mit we really try to stay very positive, and rather than focus on the negatives, we talk about solutions we talk about best practices we talk about what works," said Hope Sullivan Master, president of the Leon H. Sullivan Foundation and daughter of the summit's founder.

This year's summit is returning to Abuja, Nigeria, where Summit VI took place in 2003.

Past summits have been held in the Ivory Coast, Gabon, Senegal, Zimbabwe and Ghana.

What has been working since the first summit in 1991 are the multimillion-dollar business deals that are forged during the summit. The Sullivan Foundation says that at least \$750 million in new business agreements have been initiated as a direct

(See Sullivan, Page 14)

Talking can be good for health

By Lorinda M. Bullock
Special to Sentinel-Voice

DETROIT (NNPA) - Talk may be cheap, but it can produce a wealth of health improvements if mothers do more of it with their daughters, according to a prominent medical researcher.

"If the mother-daughter communication is open and free-flowing, then the woman will feel comfortable speaking with her physician about these same types of intimate issues which will allow, in turn, the physician to give that woman more comprehensive care," said Lari Warren-Jeanpiere, a research associate for the Department of Psychiatry and Behavioral Neurosciences at the Wayne State University School of Medicine.

She made that observation during a health disparity panel discussion here at the National Newspaper Publishers Association's 66th annual national convention.

Jeanpiere studied 17 Black mother-daughter pairs and found that many of them have delayed medical treatment because of poor experiences with doctors who have had lumped them into the group she calls the "Jezebel, freak, welfare queen and the baby's mamma."

The researcher also said the respondents often felt uncomfortable when their doctors asked about their marital status when seeking gynecological treatment. "They automatically think we're sleeping around with any and everybody," Jeanpiere said, quoting one of her patients.

But Jeanpiere urged Black women to be assertive and let their doctors know they feel uncomfortable.

"Marital status and sexual behavior shouldn't be a factor," Jeanpiere said.

While most of her participants came from the Black middle class, Jeanpiere said,

she believes stereotyping by physicians knows no class boundaries.

In Jeanpiere's recent study, participants ranged from ages 20 to 82. The researcher said one of the most startling findings was that older and younger generations of Black women share the same experiences of being stereotyped while getting medical treatment and in some cases have been automatically diagnosed for sexually transmitted diseases when they only had urinary tract infections.

"Over 40 years, there was no difference in the way women were treated, stereotype-wise," Jeanpiere stated.

She said helping women helps the Black community.

"If we're able to elevate African-American women to utilize these services, then that would serve to improve the health of the African-American community," she explained.

GOOD WINS AGAIN.

Good Drivers Get Discounts Up To 40%.

Switch to State Farm® and your excellent driving record could help you save serious cash the day you sign up. It's just one reason more drivers choose State Farm than any other insurance company. So hurry and talk to an agent today and see what your great driving record can save you.

See your local Las Vegas area agent today.

LIKE A GOOD NEIGHBOR STATE FARM IS THERE.®

statefarm.com

190210 9/05 State Farm Mutual Automobile Insurance Company (not in N.J.) State Farm Indemnity Company (N.J.) - Bloomington, IL