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NEWS FROM ESSEX SQUARE, Sally Hanson

HOURS: MON.–THURS. 10-6, FRI. 10-6, SAT. 10-5, SUN. 12-4

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THE IMPORTANCE OF WATER: It is a fundamental part of our lives

It is easy to forget how completely we depend on water. Human survival is dependent on it—water has been ranked by experts as second only to oxygen as essential for life. We can exist without food for two months or more, but we can only survive a few days without water.

Most people don't drink enough water. The body responds to this water deficiency in a variety of ways, which we frequently see as illnesses. These include hypertension, asthma, allergies, and migraine headaches. Dehydration leads to excess body fat, poor muscle tone and size, decreased digestive efficiency and organ function, increased toxicity, joint and muscle soreness, and water retention. Water works to keep muscles and skin toned.

Water also helps:

- aid in digestion and absorption of food.
- regulate body temperature and blood circulation.
- carry nutrients and oxygen to cells.
- remove toxins and other wastes.
- cushion joints and protect tissues and organs, including the spinal cord, from shock and damage.
- aid in weight loss.

WATER AND WEIGHT LOSS

Water suppresses the appetite and helps the body metabolize stored fat. Studies have shown that a decrease in water intake causes fat deposits to increase; therefore, increasing water input reduces fat.

Here's why: The kidneys can't function properly without enough water. When the kidneys don't work to capacity, some of their load is dumped onto the liver. One of the liver's primary functions is to me-



tabolize stored fat into usable energy for the body. If the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolizes less fat, more fat remains stored in the body, and weight loss stops.

HOW MUCH WATER SHOULD YOU DRINK?

On the average, a person should drink eight 8-ounce glasses every day. That's about two quarts. However, the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink also should be increased if you exercise briskly or if the weather is hot and dry.

Water should preferably be cold—it's absorbed into the system more quickly than warm water. And some evidence suggests that drinking cold water can actually help burn calories. When the body gets the water it needs to function optimally, its fluids are perfectly balanced. Once this happens you have reached the "breakthrough point." What does this mean?

- Endocrine-gland function improves.
- Fluid retention is alleviated as stored water is lost.
- More fat is used as fuel because the liver is free to metabolize stored fat.
- Natural thirst returns.

(continued on back page)

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and optical diffusers luminize skin, leaving a silky, smooth, healthy look.

BRILLIANT-C FAST FACTS

- Helps promote a brighter, more even complexion.
- Helps improve skin clarity.
- Helps protect skin from environmental damage.
- Peptides help improve the look of fine lines.
- Oil Free.
- Ophthalmologist and Dermatologist tested.

WATER (continued)

TIPS FOR GETTING YOUR EIGHT GLASSES OF WATER DAILY

- Make a bet with a friend to see who can drink more water in the course of a day.
- Make it convenient: Keep a water bottle on your desk and reach for it all day.
- Have one glass every hour on the hour while at work.
- Drink a glass of water before and after each meal.
- Carry a refillable water bottle at all times and drink while waiting in a bank line, sitting at a stop light, etc.
- Add drinking water to your daily skin care regimen: Drink, cleanse, tone, moisturize, and then drink again!



New LUXIVA Lip Glaze reinvents the feel of lip color

Prepare to be glazed and amazed with LUXIVA Lip Glaze, an innovative gel formula lipstick that provides shiny color with a lightweight feel. Fragrance-free and ultra moisturizing, it makes lips feel luxuriously smooth and creamy. Available in 10 lip-loving shades: Pillow Talk, Bare Hugs, Stolen Kisses, Honeybunch, Amber Embrace, Darling Clementine, Pinking of You, Date Night, Ginger Snapped, and Berry Romantic.

LIP GLAZE FAST FACTS

- Comfortable “feel-good” formula.
- Contains lip-plumping botanicals.
- Available in sheer, shimmer, and cream.
- Dermatologist tested.

When was your last FOUNDATION update?

Your skin changes with the seasons. Come in for a free shade and formulation check today!