



## Could you be Dehydrated?

Dehydration is a major factor involved with pain, disease, and poor function of many systems in the body. The most obvious symptoms of dehydration are tiredness, lack of energy and headaches. The digestive system is not as effective if the body is dehydrated. The cardiovascular system has to work harder, so dehydration could be a factor involved with high blood pressure. **Brain function** is impaired and overall response is considerably slower. The full effectiveness of every bioelectrical and biochemical message conveyed through the body is dependent upon there being adequate hydration levels in the tissue.

### Did you know...

We start as 99% water as a fetus;  
90% as a new born baby;  
approximately 70% as an adult.  
Masaru Emotu believes we are only  
about 50% water when we are old.

What is your percentage right now?

### Good website to visit...

[www.watercure.com](http://www.watercure.com)

Dr F Batmanghelidj's website is  
excellent especially the FAQ section.

## How treatment has helped these people ...

- \* **30 year old female**, migraines for 15 years, after 3 scenar treatments she had no further migraines.
- \* **Male with on-going back pain for 40 years** often around 8/10 pain intensity due to a fall at age 14. Tried many different types of treatment at various times. Scenar reduced his pain significantly with each treatment, and he was predominantly pain free in one month.
- \* **Female suffered with hip pain for 2 years**, causing difficulty walking up or down stairs. After 2 treatments the pain was gone, her flexibility increased, and she was able to cope easily with stairs.
- \* **5 month old baby**, favouring neck/head to the left, restricted movement to right. After 3 bowen treatments no problem with head, then 3 months later slight favouring again, 1 more treatment and no further problem.

## Referrals -

### \$20 discount

When you refer a new client or family member both you and the person you refer receive a \$20 discount on your next appointment. When they give your name, we record the \$20 credit on your file. Children \$10 discount. To make this easy, we have enclosed Referral Cards for you to pass on.

## Quotes

*"Every now and then a person's mind is stretched by a new idea and never shrinks back to its former dimensions."*  
**Oliver Wendell Holmes**

*"Politeness is like an air cushion - there's nothing in it, but it does ease the jolts wonderfully."*  
**Unknown**

## Jokes

6 year old Johnny opened the big family bible. He was fascinated as he turned the old pages. Suddenly, something fell out of the bible, so he picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages.

"Mum, look what I found" Johnny called out.

"What have you got Johnny?"

With astonishment in his voice, Johnny replied "I think it's Adam's underwear!"