

## Answer Key – Quiz 1 – Hydration



**1) Besides H<sub>2</sub>O, what is in fresh Natural Water? (10pts)**

Dissolved biological materials, Minerals, electrolytes, salts, ions

**2) Why is it difficult to find Natural water in our environment? (10pts)**

Waste and Pollutants in the environment are quickly contaminating our water

**3) What are 6 common symptoms of Dehydration? (12pts)**

Fatigue, Headaches, Brain Fog, Bad Mood, Muscle Aches, Weight Gain, Lack of Vitality, Urinary Tract Infections, Sleep Disorders, Low Immunity, Stiffness, Joint Pain, Digestive Disorders,

**4) Name 3 benefits of water to the Cardiovascular System: (12pts)**

Increased Blood Volume and Flow, Lower blood sugar and fats, Reduced Hypertension, Reduced oxidation, increased electrical signaling, less chance of heart attacks or arrhythmia.

**5) Name 3 benefits of water to the Nervous System: (12pts)**

Increase cognitive power, reduce chance of dementia or Alzheimer's, eliminates toxins and proteins, helps sleep cycles, pads brain, reduces trauma, balances brain chemistry, better moods

**6) Name 3 benefits of water to the Musculoskeletal System: (12pts)**

Lubricates Fascia, Increase flexibility, coordination, vitality, fluid flow, Aids collagen, nerves, joints, Reduces muscle aches, spasms and cramping.



7) List 5 serious health problems related to dehydration. Using the internet, find references from credible sources (example Google 'stroke dehydration'): (32pts)

Chronic Fatigue, dementia, Alzheimers, heart attack, acid reflux, weight gain, depression, autoimmune problems, emotional disorders, constipation, arthritis, skin problems, high blood pressure, oxidation, decrease in mental capacity