

## **The Power of Water - #1**

Our bodies are splendidly intricate, automating countless processes to maintain our well-being. Water, a key player, makes up about 60% of our body weight and is involved in almost every bodily function, from digestion to regulating body temperature. Without adequate hydration, our systems stumble. Dehydration can lead to headaches, lethargy, and, in the most severe cases, organ failure. Treated as casually as it often is, water is among the most crucial nutrients for our survival.

Years ago, I had the privilege of working with a man who had suffered a stroke. We will call him Richard. Richard was fairly young and had been quite active his entire life. But after his stroke, Richard was afraid of moving his body for fear of causing more damage.

Richard refused to do his physical therapy because he said it was painful and laborious. But it was clear that movement was a necessity for any physical progress or recovery of any sort. One day, I spoke to Richard about the possibility of pool therapy. Richard flatly refused because he was afraid that he might drown. I assured him that the Physical Therapist would be in the pool and that he would never allow him to drown. But, only after agreeing to get into the pool with Richard did he submit to the idea.



# The Power of Water and Its Impact on Health

Dive into our blog series as we unravel the numerous benefits of water and its profound impact on your body, mind, and overall wellbeing. Water, the essence of life, has much more to offer than you might think!



On the day of our first appointment, Richard remained apprehensive, and I must say I was not relishing entering the pool myself at this point, but I felt it was worth a try to get Richard to do his PT. After assisting Richard in getting pool ready, and getting myself ready, we approached the pool. The Physical Therapist was already there, and in the pool, he was by our side as we lowered Richard in with the help of an automated chair and an assistant. You could see fear in Richards's eyes, and he was trembling ever so slightly. The Physical Therapist gently coaxed him the entire time, asking him questions about how long it had been since he had been completely submerged in water. Richard responded that he could not remember the last time. Then the most amazing thing occurred: Richard asked the therapist to let him go, and he completely allowed his body to submerge in the water, head and all. I stood close by, a little fearful at first, but then Richard came out of the water with the biggest smile. You could see the physical freedom that he felt, the buoyancy removing the heavy weight of his body, and the pressure of that weight that he had been carrying since the stroke.

Richard spent the remainder of his life going to the pool. The freedom that he experienced there released him from the burden of his stroke both physically and emotionally. It allowed him to build muscle and remain in a state of improved overall health.

As Professional Healthcare Advocates, our job is to learn to understand our clients personally and find resources to improve their well-being. Pool therapy is just one of the solutions we work with, and we highly recommend it to everyone who is finding their physical therapy difficult and burdensome. If this sounds like you or your loved one, just ask your Primary Care Doctor or your Orthopedic Doctor for a referral to pool therapy as a form of physical therapy.

Water is a gift and is underrated as a form of medicine and therapy. I hope this writing encourages you to see water differently and to explore the various ways water can improve your overall health.

Cheers to you, take good care of yourself.



If we can assist you further, contact Renee & Company at 844-661-2369  
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