

JOM FAMILIES

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Siletz Tribal Veterans

For information and assistance from Tony Molina, Tribal Veteran Representative, call 541-270-0569 or email tonym@ctsi.nsn.us

Most Often Requested Numbers

Confederated Tribes of Siletz Indians – 800-922-1399
Salem Area Office – 503-390-9494
Salem Finance Office – 888-870-9051
Portland Area Office – 503-238-1512
Eugene Area Office – 541-484-4234
Contract Health Services (CHS) – 800-628-5720

Siletz Community Health Clinic – 800-648-0449
Siletz Behavioral Health – 800-600-5599
Chinook Winds Casino Resort – 888-244-6665
Chemawa Health Clinic – 800-452-7823
Bureau of Indian Affairs – 800-323-8517
Website – ctsi.nsn.us

Legal Aid Services of Oregon and the Oregon Law Center, civil legal service providers for low-income Oregonians, operate a public benefits hotline where low-income Oregonians can talk to lawyers and paralegals to get advice on public benefits, including unemployment benefits: 800-520-5292 or Oregonlawhelp.org.

Re-thinking water and hydration: What and how much should you drink? Why?

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

We have all been advised to drink adequate clean water. Some people don't like water and would rather drink soda, coffee or another beverage. Others don't get well-hydrated despite how much water they drink. Science is beginning to share expanded thinking around water and hydration. This month in my role as consultant nutritionist to Siletz Tribal Head Start, I would like to explore water and hydration to support our families and community.

Some of the water science seems a bit technical. I would like to mention it, yet keep my approach on practical tips as we re-think water and hydration.

Practical hydration tips:

1. Don't drink "naked water," even if filtered or decontaminated – enhance your water.
2. Consume foods such as fruits and vegetables with high water content for effective hydration.
3. Add fruit, such as lemon, or sprigs of leaves or vegetables, such as mint, basil or even sliced cucumber. This also means herbal teas are a good option for hydration when they are not the dehydrating or diuretic types, such as black or green teas.
4. Add minerals or electrolytes such as a pinch of sea salt (important electrolytes include sodium, potassium, magnesium and calcium).
5. Consider placing crystals in water (drink the water and do not swallow the crystals).
6. Pray or express gratitude to your water before drinking it.
7. Add chia seeds to coconut milk to make pudding or add to a smoothie for deep hydration.

As an overview, the human body is composed of mostly water – upwards of 2/3 of our body. We also know water is sacred and there is no life without water. With that in mind, I will introduce three concepts around hydration – 1. Water is wet for hydration; 2. Water is electrically charged; and 3. Water contains information.

Water is wet for hydration and remains vital to life. There are cultures in desert climates that are hydrated without following the current water guidelines. They tend to consume water from succulent plants and this observation has caught the attention of some scientists.

Gina Bria of the Hydration Foundation suggests we not drink "naked water," or even just filtered or decontaminated water. She suggests, instead, that to hydrate we need to learn from nature. Nature provides hydrating water as found in fruits, vegetables and seeds that hold water, such as chia. See practical tips 1, 2 and 7 above.

Water is electrically charged. Plants are smart enough to improve our water by taking sun inside leaves to store electrically charged water. When we eat the plants, we consume charged water and this may improve hydration.

Some say that placing leaves or fruit, such as mint or lemon, in water adds an electrical charge and improves the uptake into our cells. See practical tips 1 and 3 above.

Water contains information. The roots of plants also pull up minerals from our terrain, which can be seen as full of biological information. We benefit from this information when we consume these water-containing plants.

Adding minerals, such as a pinch of sea salt, supports hydration for those people who seem to have the water they drink run right through them. Taking the concept of biological information from minerals, some say that placing crystals, such as quartz, in water may be beneficial. See practical tips 1, 2, 4 and 5 above.

Continuing with the point that water contains information, Masaru Emoto showed that water from a mountain stream, when frozen, showed structures of beautifully shaped geometric designs, but water from polluted sources created distorted, randomly formed ice structures.

He also conducted research and showed changes in water structure when people labeled the container with words of intention. He found that positive intentions created beautiful structures and negative intentions created distorted structures, similar to the above-mentioned observations in nature.

I would add that traditional cultures have long known this principal and expressed this as an aspect of the sacred nature of water. If water already contains information, perhaps we can also energize and clean it up with positive words, intention or prayer. See practical tips 1 and 6 above.

Bria suggested that by using chia seeds, when hydrated and consumed, we can experience a slower water release to aid in hydration. She did this personally for her mother, who was experiencing medical issues from lack of hydration.

One recipe I've been experimenting with is: 1 can of coconut milk and 5 teaspoons of chia seeds mixed well, allowed to expand for a minute and then stirred well again before refrigerating. This can be used as a pudding with fruit or added to a smoothie to support deep hydration.

I also tried it with 5 tablespoons of chia seeds and it was super thick – a little went a long way. See practical tips 1 and 7 above.

We now have research studying the fourth phase of water (meaning not just liquid, ice or steam). One of the leaders in this area is a professor from the University of Washington named Gerald Pollack.

Sometimes this phase of water is referred to as the exclusion zone. It is the form found in our bodies arranged by neg-

ative and positive charge and powered by light. It appears to be more gel-like. When we get water from fruit or vegetables, this is what we consume.

Science is now finding that it is much more important than we had realized. Dr. Pollack even goes further to say that because water molecules are so small, even though we are 2/3 water, it is 99% of our molecules.

Check out this informative YouTube segment for more information – [youtube.com/watch?v=i-T7tCMUDXU](https://www.youtube.com/watch?v=i-T7tCMUDXU) – where he shares that he studies the "gentle beauty of nature" and he describes the fourth phase of water with implications for technology and health.

Certainly clean water is still important. We now see there is more to this than just how much water we drink. The contemporary message is to drink adequate plain water (at least eight glasses) without caffeine or sugar. Because the caffeine acts as a diuretic, it may result in us losing more water than we consume. Sugar in water makes it less available for hydration. I believe it is still important to be careful about our caffeine and sugar consumption.

I suggest you bring this hydration topic to your family discussion and science exploration as you consider the best ways to hydrate. Personally, I feel great about putting leaves and lemons in my water along with positive prayer.

I'm having fun with the chia seeds and I feel less dehydrated in the morning when I wake. I need electrolytes and use sea salt, but I noticed I would not drink the water with salt in it. Perhaps I used too much.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist.