

Water

Water is one of our most important spiritual medicines. The morning dew from the sword fern, the rain, and even the water we drink every day can purify and cleanse us. Water is precious and you have to ask for it's healing.

-Kimberly Miller, Skokomish Tribe



Water is life. Cultures around the world equate water with healing and energy. People travel great distances to drink or bath in water from mountains, wells and springs that are imbued with special energy. Many people believe that water has the ability to absorb prayers, cleanse unwanted energy and bestow good medicine.

Water is the most important thing we can drink. It makes up 60-85% of our body weight and plays many essential roles including carrying nutrients, removing waste, cooling us when we are overheated, digesting food and cushioning our organs and joints. When we are fully hydrated we feel more energized and experience less pain and hunger. In a time when sugary drinks are so prevalent, people drink less pure water. In an era when energy drinks are common in daily life, the intake of pure water is dramatically reduced. Drinking sugary beverages on a regular basis negatively impacts our health and reduces our ability to enjoy the subtle flavor of water.

Clean water is increasingly hard for people around the world to access, and many are standing up to protect it. If we do not drink water and understand how dependent our bodies and our planet are on water, we will not connect with it or fight to protect it.

Water is called the universal solvent. The hydrogen and oxygen bonds that make up water eagerly react with and bind almost everything on earth. Given time, water will break down metal, dissolve rock and move mountains. Water is the perfect medium for extracting nutrients, medicinal properties and flavors from plants. Examples include:

- Flavored waters – Sliced fruit, vegetables and aromatic herbs add nutrients to your water. Examples include lemon, lime, orange, melon, cucumber, fresh or frozen berries, fir or spruce tips, mint, rosemary, lavender or lemon balm. Add fresh ingredients each day and feel free to eat the fruit after you drink the water!
- Tea – There are many ways to make tea including boiling plant parts in water (decoctions) and soaking herbs in water of varying temperatures (infusions). Tea can be drunk hot or cold and will last up to 3 days in the refrigerator.
- Broths – You can make vegetable and bone broth and add them as a base to soups or drink them as a nourishing beverage. Minerals from the vegetables or bones dissolve into the water and become readily available for us to digest.
- Smoothies – Smoothies make an excellent meal or snack. Use water, milk, nut milk or juice that is low in sugar as a base with fresh or frozen fruit, veggies and protein including nut butter or yogurt. Spices including cinnamon, vanilla, ginger or cocoa powder can boost flavor and medicinal qualities.