



Thales  
Water

Water (H2O) 70% of earth's surface - tasteless" odorless nearly colorless *the universal solvent* (rarely pure) - essential for all life on Earth. - 55% to 78% of the human body. regulates our body temperature - moves nutrients through our cells - keeps our mucous membranes moist - flushes waste from our bodies. - Lungs = 90 % water - brains = 70% - blood= 80%

Pure water is becoming scarce- Almost one fifth of the world's population (about 1.2 billion people) live in areas where the water is physically scarce.

[World health Organization](#)

Water may contain high amounts of fluoride (thyroid disease, down syndrome) and other contaminants.

POLUTION



Aristotle (384-322 BC)

Metaphysics

Being qua being (what it is to be)  
"What is there?" & "What is it?"

The Role of Substance



Soft Drinks

1. Extra pounds
2. Liver damage
3. Tooth decay
4. Kidney stones and chronic kidney disease
5. Diabetes
6. Heartburn & acid reflux
7. Soft drinks = Soft Bones = Osteoporosis
8. Hypertension (high blood pressure)
9. Heart disease
10. Impaired digestion (gastrointestinal distress)

Sources: Squidoo January 23, 2009

[Top Ten Reasons Never To Consume Soft Drinks!](#)



Anaximenes Air

The terms "spirit," "qi," "prana" and "psyche" are related to the concept of breath.

Qi gong or **Chi kung** - prana – the force philosophy and practice of aligning breath, physical activity and awareness for mental, spiritual and corporeal health

[Qi gong Beginning Exercises](#)

[MINDFULLNESS](#)

[In psychology](#)