

WATER IS ESSENTIAL TO A HEALTHY LIFE... SHOULDN'T IT BE CLEAN?



THE WATER WE DRINK

Many people assume that Washington State has the best water in the country and has often been used as a clean water model. But, did you know that not one county or municipality in Washington State (or in the rest of the United States) passes the standard set in 1983 by the Clean Water Act. Even EPA Administrator Carol M. Browner recognizes that, *"Too many systems fail to meet basic public health standards"*. Nationally, one in five Americans still drink contaminated or inadequately treated water. In essence, you are committing an act of faith when you turn on your tap to fill a glass of water.

Experts believe the **single greatest health threat** in water supplies are contaminants, some cancer-causing, which are left behind by the very chemicals (**chlorine**) that water utilities use to make their water potable. The parasite cryptosporidium is widespread in the water environment even in treated water. Less than 40% of U.S. water plants effectively remove the protozoan parasite.

Many people who talk to us about water products say they don't like the taste of water...wouldn't you agree with them after reading this. Chemically treated and infected water tastes bad and is bad for you.

Due to tap water being so contaminated, many people purchase bottled water. Unfortunately, 70% of bottled water is reprocessed tap water. There are also no separate standards set for bottled water companies, meaning that in some states bottled water and local tap water are one in the same. Of course, there are many large bottling facilities that purify their water above the national standards, which is ultimately reflected in cost to the consumer. Typically, a household can spend over \$400 annually for home delivered bottled water.

Water is essential to your body's health.

In the popular book, [Your Body's Many Cries for Water](#), by Dr. Batmanghelidj suggests that many major health ailments are attributed to dehydration. He believes you should drink at least half your body weight in ounces of water per day for better health. However, coffee, tea or soda is not considered a substitute for clean, fresh water. Water supplies oxygen and nutrients to the cells. It removes waste through the blood and lymphatic system. Water is necessary for the digestion and absorption of food. He fills his book with dozens of terminal and ill health cases that purportedly have all been relieved by drinking more water and participating in water therapy programs.

Water is one of the most important elements in our world is directly connected with our health & wellness. The majority of our body is comprised of water—as is in nearly everything around us. Water is an essential element for achieving health.

Water circulates through all living organisms. We are a lump of water involved in thousands of bodily functions. The saliva we use in digestion is mostly water, our eyes move freely in a lubricant that is mostly water. Nervous impulses are transmitted in water; our lungs are 86% water. Human blood resembles the chemistry of the ocean and is 83% water. Within living systems, within every cell, everything happens in water.

Water is involved in every bodily function, and makes up 70-75% of your total body weight as we aged and 90% of your body weight as a baby. Water helps you maintain body temperature, metabolize body fat and digest your food. It lubricates, cushions organs, transports nutrients and flushes toxins from your body.

Water is the ultimate cleansing substance in your body. But when water is ionized and alkaline, it contains antioxidant potential that does an excellent job of cleaning the body from the inside out. **When you drink ionized, alkaline water, it penetrates/hydrates the cells, allowing waste products, toxins and pollutants to be naturally and effectively removed.** This causes detoxification effect as these unwanted substances are flushed from your cells and eliminated—thus restoring healthy function.

Startling Facts about Water and Hydration - Do you know that:

- 75% of Americans are chronically dehydrated
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Mild dehydration will slow your metabolism
- Lack of water is the number 1 trigger of daytime fatigue
- 2% drop in body water is capable of triggering fuzzy short term memory with basic math, and difficulties focusing on the computer screen or on a printed page

Drink Water for Better Health! Facts to Keep You Healthy

1. **75% of Americans are chronically dehydrated....1/2 of the World population are dehydrated.**
2. **In 37% of Americans...the thirst mechanism is so weak that it is often mistaken for hunger.**
3. **Even *mild* dehydration will slow down one's metabolism as much as 3%**
4. **One glass of water will shut down midnight hunger pangs for almost 100% of the dieter's studied, in a University of Washington study.**
5. **Lack of water is the #1 trigger of daytime fatigue.**
6. **Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.**
7. **A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.**
8. **Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.**

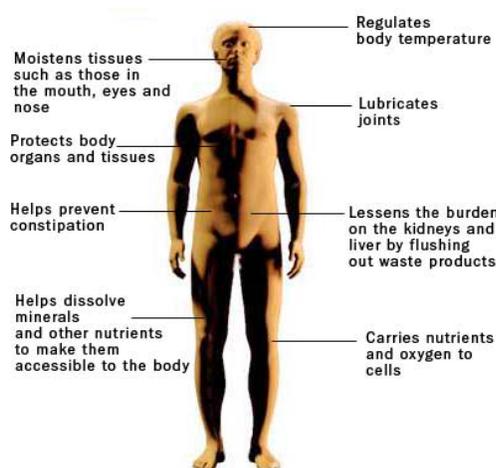
The Amazing Power of Water - Health and Hydration

Water is required for very basic physiologic functions, such as regulating blood pressure and body temperature, hydration and digestion (The body requires about 1.5 milliliters of water to absorb every calorie ingested). Five glasses of water daily decreases the risk of colon cancer by 45%, is capable of slashing the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. 8-10 glasses of water can ease back and joint pain for 80% of the sufferers

It takes 32 glasses of high Ph water to neutralize a glass of cola. Active girls who drink cola are five times more likely to develop osteoporosis than girls who do not drink soda. Water assists in flushing toxins out of the kidneys; it also dilutes the bile in the gallbladder for optimal digestion. Water circulates through all living organisms. The saliva we use in digestion is mostly water, your eyes move freely in a lubricant that is mostly water. Nervous impulses are transmitted in water. Within living systems everything happens in water. Human blood resembles the chemistry of the ocean. The human body is like the earth it carries an ocean within it. With a high degree of structuring, water can remember and can be considered highly energetic water with the ability to activate and support numerous metabolic functions. The water surrounding abnormal (cancer causing) proteins has a reduced number of structured water around them.

THE AGING PROCESS AND IMPORTANCE OF HYDRATION & BIO-AVAILABILITY ABSORPTION

Water is the Essence of Life, the most important element in our world and is directly connected with our health and wellness. The majority of our body is comprised of water—as is nearly everything around us. Water is an essential element for achieving health. Water circulates through all living organisms. We are mostly water, and it's involved in thousands of bodily functions. The saliva we use in digestion is mostly water, our eyes move freely in a lubricant that is mostly water. Nervous impulses are transmitted in water, and our lungs are 86% water. Human blood resembles the chemistry of the ocean and is 83% water. Within living systems, within every cell, everything happens in a watery environment. Water is involved in every bodily function. It makes up 70-75% of your total body weight as we age, and is 90% of your body weight as a baby. Water helps you maintain body temperature, metabolize body fat and digest your food. It lubricates, cushions organs, transports nutrients and flushes toxins from your body.



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We get old because we are not disposing of all the internally generated wastes and toxins, and accumulate the leftovers within our body.

For our body to function and to maintain body temperature, we burn nutrients within our cells. The main ingredients of all foods, expensive or inexpensive, gourmet or junk, vegetable or meat, alkaline or acid, are either carbohydrates, proteins or fats. And they are nothing but the combinations of four elements: carbon, nitrogen, hydrogen and oxygen.

After these nutrients are burnt (oxidized) in the cells, they all turn into organic acids: carbonic acids, uric acids, lactic acids, fatty acids, ammonia, etc. Fats are acidic even before oxidation

These acidic wastes and toxins are disposed out of the body in liquid form, as urine or perspiration, after first being dissolved into the blood. Every element within our body was place there by the blood and can come out of there by first being dissolved into the blood and then being carried out. If anyone loses ten pounds by any dietary means, it can be said that most of that ten pounds came out through the urine.

Unfortunately, due to our life styles and environments (i.e., too much ingestion, overwork, over indulgence, not enough rest, staying up late, not enough exercise, inadequate water consumption, smoking, pollution, low alkaline diet etc.) the body cannot get rid of all the acidic waste products that it generates within. We accumulate these left over waste products somewhere within our body. This is the process of getting old.

To make matters worse, mixed with these organic acids are inorganic acid minerals such as chlorine, phosphor, and sulfur that come in with most of our acidic foods: meats, grains and root crops. We don't eat enough of alkaline diet (antiaging) foods such as fruits and vegetables that contain inorganic alkaline minerals: calcium, magnesium, sodium, potassium, etc.

Although the amounts of inorganic minerals are small compared with the organic acid wastes that the body produces, they contribute more towards the acid side. However, one important thing to note is that even if one does not eat any acidic food at all, as long as carbohydrates and proteins are consumed, the body produces much more acidic wastes than the inorganic alkaline minerals can counteract.

We are born with high alkaline blood pH of 7.44. As we get older, the blood pH drops down to 7.35 or below. The blood pH referred to here is the artery blood pH. The difference of 0.09 in pH value seems very small but since pH is logarithmic, the amount of hydroxyl ion (OH-) in 7.44 pH is 1.23 times that of 7.35 pH, because $10^{0.09} = 1.2303$.

The hydroxyl ion is an oxygen donor while the hydrogen ion (H+) is an oxygen taker. In other words, young people carry 23% more of the oxygen donors in their blood than older people. No wonder they are more energetic.

Uric acid is nearly insoluble in water, alcohol, and ether, but soluble in solutions of alkaline salts. In other words, it becomes soluble in alkaline water. Arthritis and gout are caused by uric acid deposited between the joints, non-dissolved due to the low alkalinity of an older person's blood. Drinking acid free alkaline water will gradually elevate one's blood pH and the gout will disappear naturally. (More about this acid free alkaline water later)

As we live with poor waste disposal systems for a long period of time, some parts of our body build up more acids than others, and they can clog up capillary vessels around those acidic areas. This causes some body organs to function in a sluggish manner. We feel tired and run down sometimes for no reason whatsoever, and adult diseases such as high blood pressure, arthritis, diabetes, asthma, allergies, etc. start to set in simply accept these phenomena as "getting old".

Interesting fact: 8-10 glasses of water can ease the back and joint pain for a large percentage of sufferers.