



The Importance of Pure Water

Water. . . We should be drinking 8 (8oz) glasses of water daily. Most of us do not drink an adequate amount of water on a daily basis. In fact, a good percentage of us don't drink any water daily!!

Most of us think that because we drink coffee, tea, fruit juices, etc, the we are getting enough water from these particular drinks. Unfortunately, it doesn't work that way. All of these drinks mentioned above are actually dehydrating to the body. So we are not only not drinking adequate water on a daily basis, we are compounding the issue by drinking fluids that are continuing to dehydrate us further.



Our waters today are loaded with all kinds of chemicals, cysts, pesticides, bacteria, etc. This is something we all need to be aware of...especially with the consideration of the incredibly high rate of breast cancers and other cancers we are facing today. One solution to this less than adequate water supply is to have a high quality water filtration system attached to you sink/shower. In regards to bottled water, while this is usually the only decent alternative when we are on the road, we don't really know what is in that water either, not to mention that it sits in plastic for an undetermined amount of time.

Remember, water is the one element we all have in common...make sure you are giving your family high quality water everyday. You will be very glad you did! Think of it as a very inexpensive insurance policy!

Most of us know that we should drink water, but few people understand how important water is to our well-being. Our health, in fact, our very survival is dependent upon drinking pure water daily.

Our bodies are 55%-75% water, which is why pure water is so important in how our bodies function. For example:

Pure Water. . .

- Is necessary for digestion and absorption of food
- Helps remove toxins and wastes...of which are considered the number one cause of disease through the blood and lymphatic system.
- Carries nutrients and oxygen to the cells
- Cushions joints and protects tissues and organs, including the spinal cord, from shock and damage
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- Regulates body temperature
- Plays a major role in weight loss by helping the body metabolize stored fat, helping to reduce water retention by stimulating the kidneys, and serving as an appetite suppressant.



Conversely, if not enough pure water is taken in on a daily basis, we can easily become dehydrated. Dehydration may cause hypertension, asthma, allergies, migraines and many other health problems.