

# THE TRUTH ABOUT WATER

Water, the fluid of life and the shaper of the earth, is made from the simplest and most abundant element in the universe, hydrogen, joined to the vital gas oxygen. Two atoms pair with a single oxygen atom to establish the triple structure water H<sub>2</sub>O.

Water the universal solvent, given sufficient time, will dissolve or suspend almost any material on earth. Pure water, therefore, is a rare substance. In nature, water in its purest form is found in the water vapor that rises from the earth's surface. Nature's cleansing cycle consists of evaporation, condensation and precipitation. As water evaporates from the earth, it leaves behind any contaminants it may have collected. Distillation, the process whereby water is turned into steam, then directed, into condensing coils where it condenses back into water, can therefore be aptly described as nature's way of purifying water. No other process produces purity as nature intended.

Our bodies are approximately 70% water. Water is used for breathing, digestion, elimination, glandular activities, heat dissipation and secretion, all of which are enhanced when water is pure. Water helps prepare substances for transport across cell membranes and for distribution through our bodies by way of blood and lymph. This function is impaired when the water is filled with contaminants that interfere with its ability to dissolve bodily substances efficiently. Water is also a cleansing agent for the body. It reaches into every cell to absorb and carry away toxins and impurities. Doesn't it seem essential to provide our bodies with the purest water possible?

- ◆ 75% of Americans are chronically dehydrated.
- ◆ 37% of Americans have such a weak thirst mechanism that it is often mistaken for hunger.
- ◆ Even MILD dehydration may slow you metabolism up to 3%.
- ◆ In a University of Washington study, one glass of water curbed "midnight munchies" for almost 100% of dieters.
- ◆ Dehydration is the #1 cause of daytime fatigue.
- ◆ A mere 2% drop in body water has been known to decrease short-term memory and reduce the ability to focus.
- ◆ Drinking just five glasses of water per day reduces your risk of colon cancer by 45%, breast cancer by 79% and bladder cancer by 50%.