

YOU ARE WHAT YOU DRINK



Next to air, water is the single most important substance required by our body. It makes up the majority of every living cell. Our blood is approximately 92% water and our muscles and brain 75%. It is the source of life. The less contaminated the water that enters our body, the better our cells and organs perform.

WHY WATER IS VITAL TO LIFE:

- Transports essential water soluble vitamins, minerals and nutrients that cells, tissues & organs need to function properly
- Moistens our eyes, mouth and nasal passages, helping organs perform properly and keeps us physically comfortable
- Helps regulate body temperature, keeping the body cool when it is hot and insulating it when conditions are cold
- Allows the body's cells to retain their structure and carries oxygen to the cells
- Cushions the organs and acts a shock absorber to minimise stress and damage to organs
- Provides optimum lubrication for the joints
- Flushes kidneys to rid the body of toxic substances
- Carries solid waste from the body
- Balances electrolytes in the body
- Is a valuable source of trace minerals such as manganese, magnesium, iron & copper
- Helps protect against a variety of ailments such as constipation and more serious conditions including kidney stones
- Helps improve the appearance of your skin
- Minimises onset of fatigue
- Stimulates the metabolism to assist with regulating body weight
- Helps prevent dehydration and is essential for active people

WHAT TYPE OF WATER SHOULD I DRINK?

There are four main options (these are listed least to most preferable):

1. **Tap water** – by far the most dangerous and expensive.
 - By consuming water directly for the tap you are exposing yourself to up to 200 contaminants that maybe in that water. The most concerning is the amount of chlorine which is deliberately added to kill the bacteria & viruses. Do you understand what that means? Chlorine kills living things!
 - This is the most expensive in the long term because all these pollutants will, over time, cause the breakdown of your organs and will lead to disease.
 - This is even more concerning for children whose bodies are more sensitive to these pollutants.

2. **Bottled water** – In most cases better than tap water, but:
 - Is a very expensive option, as water is 3 times more expensive than petrol!
 - There are no standards on bottled water so really you don't know what you are getting. In many cases not much more than glorified tap water
3. **Filtered water** – Is a great idea, but understand that most filtration methods have their limitations:
 - *Boiling* – will reduce viruses & bacteria if boiled for at least 20 minutes, but will not remove chemicals and other organic & inorganic substances. Will not improve taste, colour or odour. Inconvenient & time consuming
 - *Jug/pour through filters* – improves taste & clarity. Limited performance in reducing organic/inorganic contaminants. Filter need regular replacing (monthly) hence an expensive option
 - *Reverse Osmosis* – Reduces inorganic & can reduce organic substances. Reduces minerals, does not reduce viruses & bacteria, is slow and wasteful of water
 - *Carbon* – reduces chlorine and organic compounds and leaves minerals. Does not reduce inorganic compounds, viruses or bacteria.
4. **Purified water** – This is definitely the way to go if optimal health and value for money is your goal.
 - Utilises pressed carbon block technology to remove chlorine, organic & inorganic compounds, leaving naturally occurring minerals.
 - Uses ultra violet light to destroy bacteria & viruses
 - After an initial investment, this type of unit will save money and lives.
 - ***If you want more information on this type of purifier contact Andrew***



This is my water purifier (on right) after 5000 litres of Melbourne tap water going through it. I am glad it went through my purifier – can you imagine what my kidneys would look like?

So, do still think you don't need to purify your water?

HOW MUCH SHOULD I BE DRINKING?

A very basic formula to work off is as follows:

- The minimum daily water intake (in litres) = 33 multiplied by your body weight (in kgs) then divided by 1000.
- For example if you weigh 70kg. Your minimum water intake should be: $70 \times 33 / 1000 = 2.3$ litres

There other factors involved, and you should add more water if:

- You exercise
- You live in a warm climate
- Drink caffeinated, sugary or alcoholic beverages

STRATEGIES TO INCREASE WATER CONSUMPTION

Try the following:

- Make a decision to drink more water, understand why you are doing it and commit.
- Set a goal – use formula above for minimum amount
- Reward yourself for achieving your daily target
- Stick picture or statements on your water bottle to motivate you drink more
- Put up reminders – on fridge, in car, at office (on desk)
- Have a drink of water before breakfast, lunch and dinner
- Take a bottle of water with you for your car, and for your desk.
- Set alarm or some other reminder every hour to have a sip of water
- Replace soft drinks with water – at least water them down
- Include a friend or your partner and do it together to keep each other accountable

ENJOY THE BENEFITS OF FEELING AND LOOKING BETTER