

# What is that you are drinking?

We all know water is essential for life. Water is absorbed by the body to fuel cells, transport blood, remove wastes, and support almost every other vital function. Much of the water that is available today is either acidic, contains unwanted impurities, or both. This can affect health, aging, and general well-being. To support overall wellness, combat the causes of acidosis, and promote proper hydration you are going to have to make some small lifestyle changes.

## Need for Hydration ---

A well-recognized recommendation says to drink half your body weight number in ounces of water every day. Yet most people in the U.S. – 75% according to a Cornell University Study – show symptoms of chronic dehydration while in 37%, the thirst mechanism is so weak, it is often mistaken for hunger. Most people simply don't consume enough water, with results ranging from lack of energy, to daytime fatigue, difficulty focusing, slower metabolism, headaches, and dry mouth.

The percentages of water that make up the body and vital organs demonstrate the need for hydration. The body itself is approximately 70% water, with blood topping the chart at 90%, followed by the brain at 85%, kidneys at 82.7%, muscles at 75.6%, and bones containing 22% water.

## Effects of an Acidic Diet---

Compounded by dehydration, consuming a Western diet high in carbohydrates and fats tends to result in a buildup of acidic waste or "ash". These waste products can accumulate in fat cells, the brain, arteries, kidneys, joints, and skin. The body's attempts to neutralize acidic wastes and maintain pH balance can lead to depletion of calcium reserves from bones and teeth. At 90% water, blood pH is regulated within a very narrow range of 7.35 to 7.45 for cells to function properly. Significant studies 1, 2, 3 demonstrate that a healthy pH balance is important to human health and that alkaline buffers are most commonly needed to combat chronic acidosis.

## Oxidation and Aging ---

When oxygen interacts with cells in the body, oxidation takes place, producing oxygen free radicals and the effects of aging. A good example of oxidation can be seen in the brown discoloration of a freshly sliced apple. E. R. Stadtman, a NIH researcher on aging explains, "Aging is a disease. The human lifespan simply reflects the level of free radical oxidative damage that accumulates in cells. When enough damage accumulates, cells can't survive properly anymore and they just give up". Dehydration and acidity can also be related to age, becoming more of an issue as we get older. Combatting these, and the related symptoms of aging, should include a strategy of ongoing hydration, and proper alkaline pH.

## REPORTED WATER CONCERNS

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Up to 7 million Americans become sick because of contaminated water each year. – USA Today

260 Contaminates in drinking; drinking water. 141 contaminate with no safety standards. – Environmental Working Group

Pharmaceuticals in water affect a minimum of 41 million Americans & is getting worse daily – Las Vegas Review

- 24million Canadians are connected with public drinking water systems. Only 18 million are drinking disinfected water. – CBC News

### The Issue of Bottled Water

Consumers spend 1900 times more for bottled water than tap water even though 25% of what they are buying is the same water that comes out of the faucet. It's been reported by NRDC.org that 60% – 70% of all bottled water may contain contaminants, including leaching of plastics. It's also interesting that some bottled water is acidic and oxidative as shown by a simple ORP meter test. Environmental Working Group (EWG.org) recommends drinking filtered tap water because it's purer, more cost effective, and helps reduce the millions of tons of plastic bottles going into landfills. This is not the answer.

## NOTE:

There is a much healthier and cheaper alternative---

### **VELAQUA – Not just a water filter ---**

- Unlike other water filtration system, VELAQUA is the only quality system that filters, purifies, alkalizes, mineralizes, ionizes and creates micro-clustered water with high anti-oxidant properties. Plus our own proprietary Energy Fusion Technology!

- "All this in one portable unit & "NO" electricity needed!"

- Think of the convenience --- Think of the money you can save--- "Think BETTER HEALTH!"

- VELAQUA uses only the same process as Mother Nature to produce its superior drinking water. But while Mother Nature takes months even hundreds of years to perform its water filtration and mineralization, VELAQUA takes the same process but requires only a few minutes to produce the same natural premium drinking water, just as Mother Nature intended.

You will not believe how affordable this unit is unless you ask. If you can afford 1 soft drink per

Day -- You can own this product!

- "ALWAYS REMEMBER --- "NO" disease or sickness can live in an Alkaline body."

FDA required disclaimer:

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from disease or injury should consult with a physician.

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