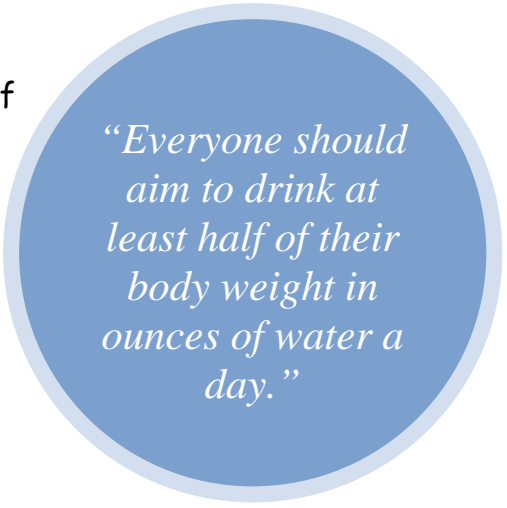




## WHY IS WATER SO IMPORTANT TO MY HEALTH?

Water is essential for life. Our bodies are comprised of over 70% of water and it is important to maintain that level of hydration to maintain health. Drinking sufficient water is important for several reasons but most importantly, it allows the body to filter and eliminate wastes from the blood. Proper hydration also supports optimal cellular metabolism, lubricates joints, protects internal organs and tissues, helps prevent against constipation, and delivers nutrients to cells.

People often ask what is the best source or type of water. It is generally recommended to consume water that has been "cleaned" through filtration. More and more, studies are finding pesticides, heavy metals, hormones, medications, harmful bacteria and other contaminants in our water supply. Purified waters, such as reverse osmosis water, remove almost all of the contaminants.



*"Everyone should aim to drink at least half of their body weight in ounces of water a day."*

It is also important to realize that bottled water is not necessarily better quality than tap water. In fact, both tap water suppliers and bottled water producers are governed by the same quality regulations. In addition, plastic bottles themselves are responsible for releasing plastic-related chemicals into the water they contain, and therefore, drinking from glass or stainless steel containers is always a better option.

When it comes to actually drinking our water, of course we want to drink enough to hydrate ourselves adequately, but we must be careful to not drink water or any other fluids during our meals. Doing so reduces the acidity of the stomach, which impacts its ability to break down the foods we eat. The stomach is acidic for a reason; best to keep it that way. Additionally, room temperature water is recommended over cold water because cold water can slow digestion.

Aim to drink at least half of your body weight in ounces of water a day.