

THE BODY'S NEED FOR WATER

EVERY CELL REQUIRES WATER

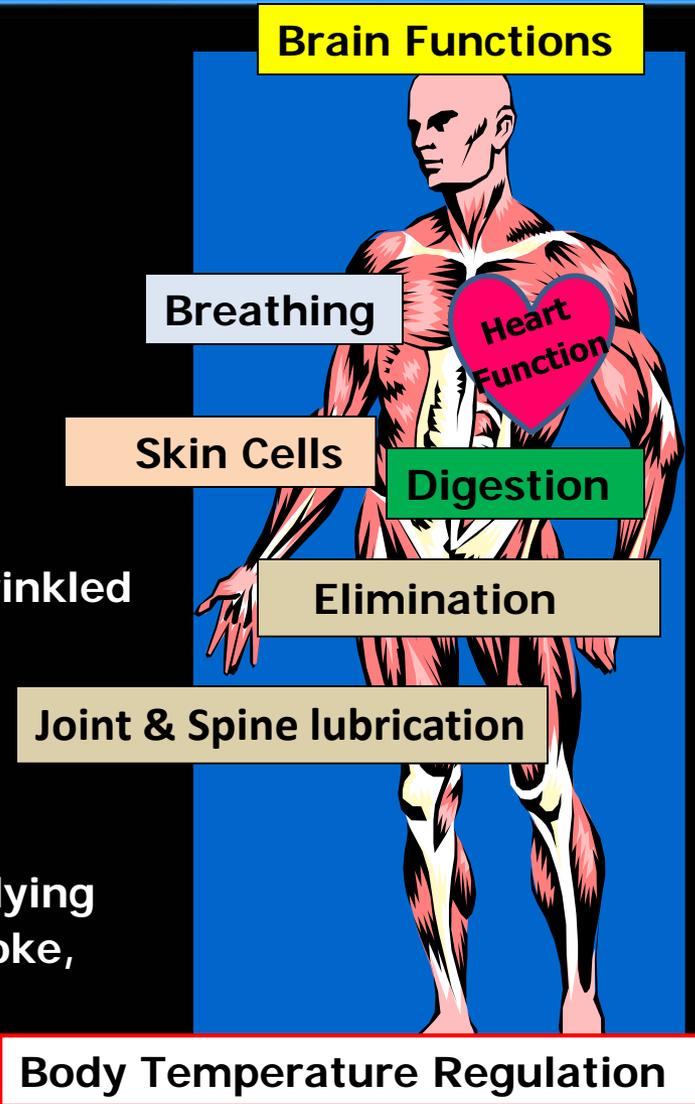
- ❖ Water is necessary....for **brain activity**
- ❖ Water needed for **breathing**
- ❖ Water needed to regulate body temperature
- ❖ Water to lubricate your joints and spinal discs to move in comfort
- ❖ Water needed for **food digestion**
- ❖ **Skin cells**– Dehydrated cells will appear dry, wrinkled

SIGNS OF DEHYDRATION:

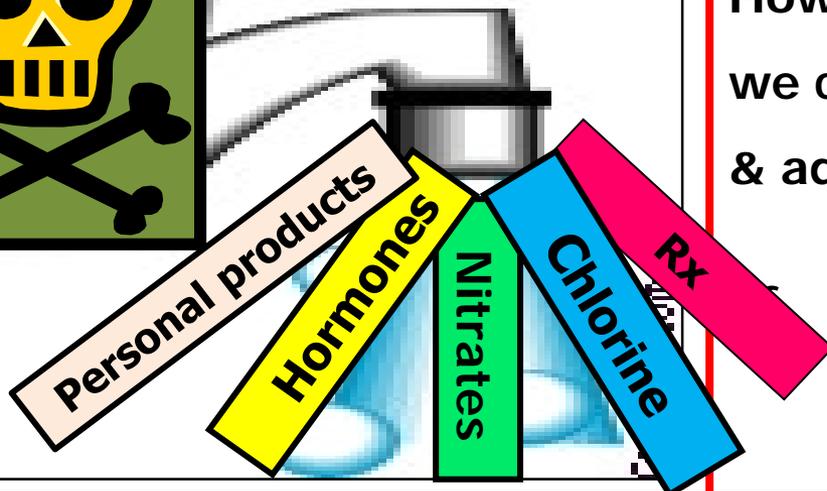
At: 1% ...Few signs of any thirst present.

6 – 7 %... Flushed skin, sleepiness, tingling, stumbling, **headache** – brain cells begin dying

11% ... Heat Exhaustion, delirium, possible stroke, difficulty swallowing; **death can occur.**



CHRONIC DISEASE FACTOR: TOXINS



How-many of the Epidemic Diseases we commonly see in infants, children, & adults, young or older; are a RESULT

these TOXINS IN OUR

Air & Water

Top 4 contaminants, Nation wide + Disease Results – www.ewg.org

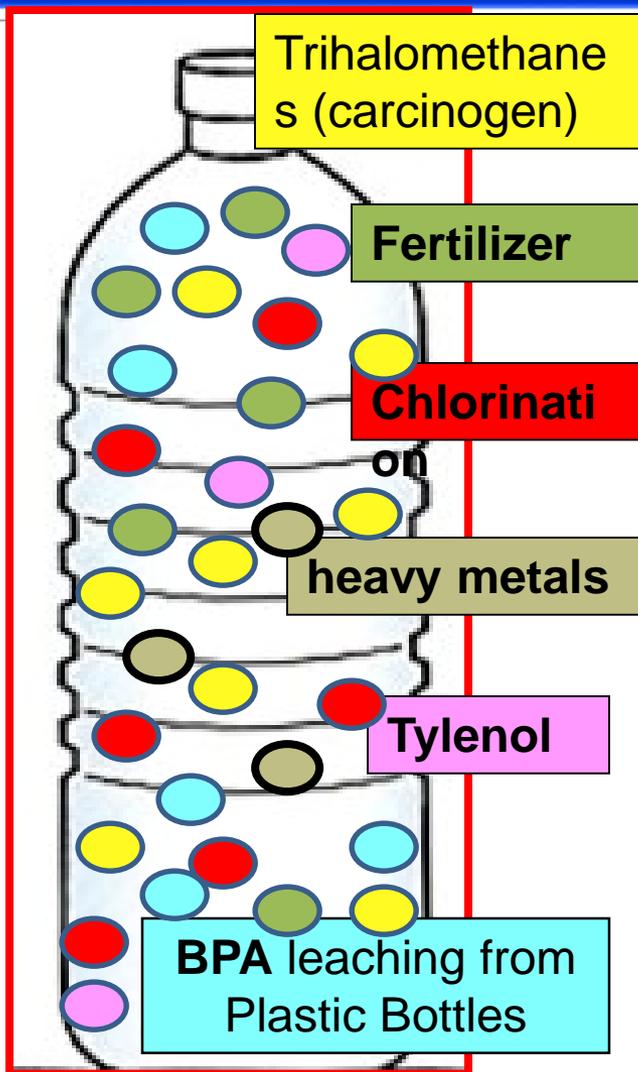
Trihalomethanes: Trihalomethanes are byproducts of chlorinated disinfectants to control pathogens. cancer, cardiovascular or blood toxicity, gastrointestinal or liver toxicity, kidney toxicity, and neurotoxicity

Bromodichloromethane: (2nd most above health limits) cancer, cardiovascular or blood toxicity, gastrointestinal or liver toxicity, kidney toxicity, and neurotoxicity.

Nitrates: cardiovascular or blood toxicity, kidney, and reproductive toxicity.

Chloroform: cancer, cardiovascular or blood toxicity, too many toxicities to list.

TOXINS IN YOUR BOTTLED WATER



News Coverage - **EWG** Excerpts – 10-2008
Ten top-selling brands of bottled water contained **pollutants** including fertilizer, industrial chemicals, bacteria and the residue of drugs such as Tylenol, according to a report by the non-governmental Environmental Working Group, a research group based in Washington, D.C. Other source tested: Chlorination, heavy metals and minerals including arsenic and radioactive isotopes, fertilizer residue and a broad range of industrial chemicals. Four brands were also contaminated with bacteria.

Bottled water showed an average of eight pollutants in each sample. WATER FROM LOCAL WATER

******* The reality is that bottled water often comes from city water supplies.

"If you're going to pay 1,500 to 1900 times more \$\$ for bottled water than for tap you'd expect that you'd be getting a cleaner, better product."

Making a Difference To our Environment

Plastic bottles take **700 years** to begin composting

90% of the cost of bottled water is due to the bottle itself ...80% of plastic bottles are not recycled

38 million plastic bottles go to the dump per year in America from bottled water (not including soda)

24 million gallons of **oil** are needed to produce a billion plastic bottles

The average American consumes 167 bottles of water a year

Bottling and shipping water is the **least energy efficient** method ever used to supply water

Bottled water is the second most popular beverage in the United States



Chlorinated Steam,

You are a real Gas !

**Chlorinated water in your
Shower means You are
showering **GAS CHAMBER****



NIKKEN PURE WATER - THE “WATERFALL”

THE WATER BOTTLE & SHOWER

