

DID YOU KNOW?
US tap water is regulated to be 6.5-9.5 on pH scale.

Drinking More Water Made Easy

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Drinking more water helps you lose weight, slow skin aging, speeds immune system & kidney function and helps you feel better. Studies and testimonials both prove it. But **HOW** do you get the right kind, temperature, and timing of drinking water. God did not mean drinking water to be so complicated.

And God said, Let the waters under the heaven be gathered together unto one place, and let the dry [land] appear: and it was so. Gen 1:9 KJV

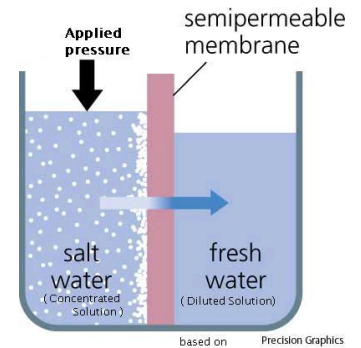
HERE ARE YOUR MOST COMMON QUESTIONS ABOUT DRINKING WATER

QUESTION	ANSWER
I heard alkaline water is better for my health.	Your body regulates pH of blood tightly or you would die. IF you want to spend thousands of dollars on an alkaline water machine & can afford it you can- but it is not necessary or more healthy
What can an activated carbon filter like Brita or Pur faucet filter remove?	Trihalomethanes (THM), pesticides, industrial solvents (halogenated hydrocarbons), polychlorinated biphenyls (PCBs), & polycyclic aromatic hydrocarbons (PAHs)
What can an activated carbon filter NOT remove?	Microbes, sodium, nitrates, fluoride, and hardness.
What are Trihalomethanes (THM)?	THMs are a byproduct of the chlorination process used for disinfection. EPA does not allow more than 100 parts per billion (ppb) in their treated water. They are Cancer Group B carcinogens (shown to cause cancer in laboratory animals).
Do studies show drinking hot water helps you lose weight faster?	There are no scientific studies proving this. THE BEST TEMPERATURE OF WATER TO DRINK IS THE ONE YOU LIKE
I read on the internet that drinking cold water causes cancer?	Don't let the internet pseudo-science or anyone cause confusion about the simple act of drinking water. THE BEST TEMPERATURE OF WATER TO DRINK IS THE ONE YOU LIKE
How much water should I drink per day?	Minimum 1 ounce per pound you weigh. Drink more in hot weather or after exercise. If you are thirsty, you are already dehydrated. (Ex. 150 lb. person needs 1.2 gallons per day)
Are flavored waters ok? I get tired of drinking plain water sometimes with my meals.	Do you mean artificially constructed additives to healthy water? "Natural flavors" are a trade secret. Try infusing fresh fruits or lemon with your water for a change. DRINK WATER BETWEEN MEALS ONLY
Will my plastic water bottle cause cancer or sickness I re-use it?	I prefer glass or PP (polypropylene; #5). Silicone coated water bottles are available. PET (polyethylene terephthalate; #1) is FDA approved for re-use if immediately washed with soap & warm water to prevent bacteria growth. I would not re-use thin-walled PET bottles only thicker ones (like Gatorade bottle).
Who regulates water safety in the US?	The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are both responsible for the safety of drinking water. EPA regulates public drinking water (tap water), while FDA regulates bottled drinking water.

<p>Mineral Water</p> <ul style="list-style-type: none"> • Comes from an underground source protected from pollution • Natural high mineral content • Packaged close to source • May claim medicinal benefits 	<p>Spring Water</p> <ul style="list-style-type: none"> • Comes from a specific underground source • No community water treatment systems allowed • Packaged close to source 	<p>Prepared Water</p> <ul style="list-style-type: none"> • Comes from any source including municipal water • Changes original water to comply with water safety standards 	<p>Water Treatment Methods</p> <ul style="list-style-type: none"> • Activated Carbon Filter • Chemical disinfection <ul style="list-style-type: none"> ○ camping water treatment tablets ○ water treatment plants • Reverse Osmosis *, ** • Distillation * • Deionization * <p>*This process removes minerals **Removes fluoride too</p>
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PUR and Brita activated carbon filters are made from coconut shells, which are "heat treated" with steam



T R G A P S S O L T H G E I W
C E R N I I P R D G F Z P A D
E T E P I E D E I O N I Z E D
F A P N T L L V E H M U L U F
N W P Z E L K E L Y A T C C D
I P O V I Z F R S I T E H A A
S A C T D I N S A O F L L R A
I T S N L S A E B P O E O B R
D I Y T P L P O B R S V R O T
D Z E R G L Y S A T G M I N E
T R I H A L O M E T H A N E S
S N O S H U I O L E A D E B I
R T R N N H S T R E A M S A
Z I Z I E D E I F I R U P D N
C B M S A R S S L A R E N I M

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|-------------|-----------------|
| ARTESIAN | LEAD |
| BENZENE | LIFE |
| BOTTLED | MINERAL |
| CARBON | PET |
| CHLORAMINES | PLASTIC |
| CHLORINE | PURIFIED |
| COPPER | REVERSE OSMOSIS |
| DEIONIZED | SPARKLING |
| DISINFECT | SPRING |
| DISTILLED | STREAMS |
| FDA | TAPWATER |
| FILTERS | TRIHALOMETHANES |
| GLASS | WIEGHTLOSS |



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http://www.cityofgraham.com/wp-content/uploads/2016/05/ccr_template_2015-COG.pdf

http://www.cityofmebane.com/PDFs/2015_annual_drinking_water_quality_report.pdf

5 REAL WORLD REASONS TO DRINK WATER BETWEEN MEALS ONLY

1. More room for real food- or dessert
2. Better tasting food-hydrated
3. Fewer snacking binges- eat less
4. Smaller waistline-less bloating
5. Tastier food + less sodium needed