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## **WATER AND HYDRATION**

Our bodies are comprised of 70% water, yet so many Americans don't actually drink water. What's worse, in place of water, we are drinking dehydrating fluids such as soda and juice. Hopefully the following information will compel you to drink more water, and decrease those vices.

### ***Water***

- 75% of Americans are chronically dehydrated, 37% of Americans have a thirst mechanism that is so weakened, it is often mistaken for hunger.
- Dehydration is the #1 trigger for daytime fatigue. Even mild dehydration will slow down your metabolism by as much as 3%.
- One glass of water shut down midnight hunger pangs in almost 100% of dieters studied.
- Preliminary studies indicate appropriate hydration could significantly ease back and joint pain in approximately 80% of sufferers.
- Symptoms of dehydration include short-term memory loss, difficulty focusing and fatigue. Thirst is a VERY late indicator of dehydration.
- Drinking 5 glasses of water a day can decrease the risk of colon cancer by 45%, breast cancer by 79%, and bladder cancer by 50%.

### ***Coca-Cola***

- In many US states, the highway patrol carries 2 gallons of Coke in each patrol car to remove blood from the highway following an accident.
- You can place a T-bone steak in a bowl of Coke and it will be gone in 2 days.
- Clean a toilet with Coke by pouring a can of Coke into the bowl and letting it sit for one hour, the citric acid will remove stains from vitreous china.
- Remove rust spots from chrome bumpers by dipping a crumpled piece of aluminum foil in Coke, and rub.
- Clean erosion from car battery terminals simply by pouring a can of Coke over the terminals, watch the corrosion bubble away.
- Loosen rusty bolts by applying a Coke-soaked rag to the bolt for several minutes.
- The active ingredient in Coke is phosphoric acid, with a pH of 2.8. It leaches calcium from bones and is a major contributor to the rising increase in osteoporosis. It will dissolve a nail in about 4 days.
- Commercial truck drivers who carry the Coca-cola syrup must use a Hazardous Materials placard reserved for highly corrosive materials.

### ***Healthy Water Guidelines:***

- For a baseline of daily water intake, the rule of thumb is 1/3 of your body weight in ounces of water. This would mean the baseline for a 150 lb. person would be 50 ounces of water daily.
- Add an additional 8 ounces for every 20 minutes of exercise in which you are sweating, and 8 ounces for every vice. Vices include soda, juice, junk food, alcohol, etc.
- Carbonated waters, or "fizzy waters" don't count toward hydration. These are actually dehydrating due to the carbonation process.
- Know your water source, check with your water company to make sure you know what your water may or may not contain.