

# SILICON BENEFITS APRIL WELLNESS NEWLETTER



## HOW MUCH DO YOU KNOW ABOUT WATER?!

Are you one of those who water their house plants more than you "water" your body (and I am not referring to showers)? Many people never drink water due to the fact that they don't like the taste or that they were never taught the importance of drinking it. Instead we consume liters of sugary, caffeinated beverages like juice, coffee and sodas. Did you know that all of that caffeine and sugar actually steals water from your body and is doing more harm than good?

Here are some important numbers to remember. Our bodies are 70% water, muscles are approximately 75% water, brain cells about 85% water, blood about 82% water and bones approximately 25% water. Add to that, our body loses about 2 quarts of water a day through perspiration, urination and exhalation. Often times, headaches, back pain, arthritis, skin problems, and digestion problems, just to name a few, are signs that your body needs you to drink more water (these symptoms have been related to dehydration). When your body lacks the water it needs, it goes into a sort of rationing mode. When you live in a drought condition, your body smartly manages the water you give it, keeping the vital organs well watered with nutrients.

Benefits of WATER? Water is probably the single best beauty treatment on the planet, can help you manage your weight and improve your memory. Water has a powerful nutrient to help slow the aging process and to maintain your brain and memory. You can also increase your intake of salads, vegetables and fruits since they all contains a high percentage of water.

Drinking sufficient amounts of the right kind of water will do more to improve your health than anything else you do.

### **BOTTLED WATER'S CLEAN IMAGE HIDES A DIRTY REALITY!!**

American's spend \$16 billion a year on bottled water. However as a kid, you probably remember drinking water out of the garden hose, from a school drinking fountain or maybe right from a bathroom faucet. Drinking adequate amounts of water is good, but we need to make sure that we are drinking the right kinds of water. **NOT ALL WATER IS THE SAME!!** So what kind of water should we drink??

**Tap Water** is not as healthy as it used to be. One government report identified more than 2,000

chemicals in our drinking water and our ability to filter out toxins is lagging woefully behind our ability to create them. What is in our tap water? Researches have found pesticides, herbicides, fertilizers, antibiotics, hormones, and even painkillers along with viruses and parasites. Cities add chlorine to public drinking water as a public health measure to kill microorganisms, however the chlorine is not entirely safe. Chlorine can destroy nutrients in your body such as vitamins A, B, C and E and fatty acids. The other argument is over the fluoride that is added to the water. Fluoride helps prevent tooth decay, primarily in small children, but is also a toxin and partially inhibits a hundred different enzymes in our body. Fluoride can interfere with mineral and vitamin functions. Your body needs water, but tap water may not be the best source.

**Bottled Water** is the second most popular beverage in the United States. Bottled water is actually less regulated than tap water and can be just as toxic. Bottled water is considered food and regulated by the FDA (Food and Drug Administration) and only requires yearly testing while tap water is regulated by the EPA (Environmental Protection Agency) and is tested daily. Dasani and Aquafina waters are reprocessed tap water from cities around the country. A 1999 study showed of one hundred of the most popular brands of bottled water tested, that a third contained arsenic, trihalomethanes, bacteria or other contaminates. Another problem with most bottled waters is that they are stored in plastic containers. Some forms of plastic are not as safe as people believe. The good plastics are 1, 2, 4 and 5 and the bad ones are 3, 6 and 7, which are apparently full of nasty chemicals that can cause cancer and other serious health problems.

**Filtered Water** is one of the best kinds of water to drink and the best water for your body. Not all filtration systems do the same things, cost the same or create better water. Carbon filters are the entry level filters. They are inexpensive, reliable and common. Secondly, water distillers are extremely effective at removing everything, even the good minerals, from the water. Reverse-osmosis is the "optimal level" of water filters. Distilled water and reverse-osmosis are the purest water, but also the most acidic. Studies show that Alkine water filters are one of the best types of filters because our bodies thrive best in an alkaline environment, which helps our systems function at an optimal level.

**Don't wait until you are thirsty to drink water. If you wait until you're thirsty, you've waited too long and you're probably already dehydrated. Drink at least two quarts of clean water per day, drink water thirty minutes before meals or two hours after meals and try not to drink excessive amount of water past 7:00 pm as it may interfere with your sleep.**

Drinking more of the right kind of water is the most important step to a healthier you!!

## RESOURCES

Our information came from a variety of sources from online research and "The Seven Pillars of Health".

We hope that you found this article informative. I know that we are more aware of the water we drink and where we get it from.

Thank you for being a valuable customer! We appreciate you!!

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