

water works.

Are you drinking enough water?

Water. We can't live without it, but most of us don't drink enough of it. Read on and find out why water is so important to your health and happiness.

Why So Dry?

It is estimated that 75% of Americans are chronically dehydrated. In fact, the body's complex thirst mechanism in many people is so weak that it is often mistaken for hunger.

Although most people will drink enough water to survive, failing to get enough water will adversely affect the body over time. Low water intake can wrinkle your skin, deplete your brain cells, slow your digestive system, stress your kidneys, and dry out your joints. Even mild dehydration can slow down your metabolism slightly.

Daytime fatigue may often be triggered by lack of water. A small drop in body water can inhibit short-term

memory, interfere with focusing on written materials or the computer screen, and dull basic math skills. Your body needs water to be healthy, focused, and comfortable.

Water, Water, Everywhere

Your body is 65% water!

This ratio helps to keep moisture in and transport oxygen and nutrients to your blood. Water also serves as

your body's cooling system, through

perspiration. Most experts

recommend that people drink six to

eight 8-ounce glasses of water or

about 2 quarts per day. For every

hour of moderate physical activity,

you should drink an additional 8-

ounces, plus the high altitude and low

humidity in Colorado requires that you

drink more water to stay hydrated and

healthy. You'll probably drink over 16,000

gallons of water in your lifetime!

Drinking Enough

Many people balk at the thought of

drinking two quarts of water every day. Here



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are some tips to help your water go down a little easier:

◆ You may be getting more water than you realize drinking other liquids such as milk, and eating foods like fruits. Watermelons are 97% water, tomatoes 93%. Although pure water is the best choice, some of your water intake can come from these sources; however, keep in mind that caffeinated drinks and chocolate will deplete your water intake.

◆ Try spicing up your water with a slice of lemon or orange.

◆ Wean yourself off fruit juice or flavored drinks by gradually adding more and more water OR just add a splash of juice for color in your water.

◆ Freeze strawberries, raspberries, or blueberries in ice cubes for your water.

◆ Purchase a colorful, fun water container to take with you in the car or to work.

Bottled Versus Tap

In 1974, the United States Congress passed the Safe Drinking Water Act to ensure that drinking water is safe. This law requires water systems to monitor and treat drinking water for safety. Bottled water is not necessarily purer or safer. Some bottled water is actually local tap water, so check the source and brand of the bottled water or **visit www.epa.gov/safewater or call (800) 426-4791** for reports on water safety. Contact your local water supplier for a tap water quality report or contact:

Colorado Drinking Water Program

Dept of Public Health & Environment

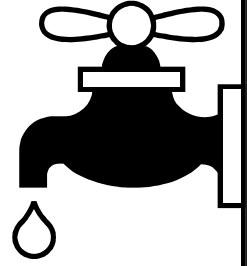
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DROP

Into the Facts about Water Section



◆ There is the exact amount of water on Earth today as when the Earth was formed 3 billion years ago. Water is never totally consumed. It always recycles itself, in one form or another.

◆ Only 3% of the water on Earth is freshwater. Only 1% is available for drinking water – 2% is frozen.

◆ The elephant can smell water up to 3 miles away. Also, a dog's nose is so sensitive that it can tell the difference between a tub of water and a tub of water with a teaspoon of salt in it.

◆ Humans are approximately 60% water overall and 75% of the human brain is water.

◆ Bottled water may cost up to 1,000 times more than public drinking water and may not be as safe.

◆ On the average, each American uses about 160 gallons of water a day at a cost of 27 cents. Two-thirds of the water used in an average home is used in the bathroom: 4 to 6 gallons per toilet flush; 2 gallons brushing teeth; 55 gallons used for a 10-minute shower.

◆ Juice may have 'all natural' written on the label even if it has less than 20% or 10% of juice – the water is natural, so the contents are 'all natural.'

◆ You could survive about a month without food, but only 5 to 7 days without water.

◆ Old Faithful, a geyser in Yellowstone National Park, can spout water 170 feet in the air. That is as high as a 17-story building.

◆ A leaking faucet can waste up to 100 gallons of water a day.

◆ There are almost 800 different brands of bottled water for sale in the United States.

◆ You can refill an 8 oz glass of water approximately 15,000 times for the same cost as a six-pack of soda.

◆ One gallon of water weighs approximately 8½ pounds.

*Thank you to American Water Works Association
at www.awwa.org for this information.*