



May 2009

## **better water. pure and simple.™**

*May is here and we are finally starting to warm up! I don't know about you, but a little warm weather sounds great to me! The topic we would like to cover this month is the importance of water in our every day diet. As warm weather approaches, the need for better hydration will become very important to stay healthy for all of those summer activities. Getting enough water is the single most important thing you can do to live a healthier life!*

*But are you getting enough water? And are you drinking the right kind, at the right time? It is estimated that over 99% of Americans do not get the proper amount of water their body needs. Did you know that water contributes to everything from a healthy glow to your skin, to transporting oxygen and nutrients to your body's cells?*

*Many health problems we treat by simply popping pills can be solved by getting enough water in your system daily. This article aims to tell you everything you need to know about water, so read on and feel healthier!*

*The formula for proper water hydration is a fairly simple one. The age old "eight glasses of water a day" works great for some, but not for all of us. Instead, use the following formula that is a little more customized for your body type. Simply take your weight (in pounds) and divide it by two (i.e. \_\_\_lbs./2=\_\_\_). That is the number of ounces you should consume per day. So for example, take a 120 lb female. Divide her weight by two, and you have 60. The number of ounces of water she should consume per day. Keep in mind that this is total water intake. There are many foods with a high water concentration. To be safe, you should drink 80% of this in pure water. So using our female example again, 80% of 60 ounces is 48 ounces, or six eight-ounce glasses of water per day.*

### **Your Body and Water**

*Water is vital in your body, and the lack of it certainly has its consequences! Your body is roughly 60% water. The build of your muscles is about 75% water, blood 82%, brain cells 85% and even your bones are 25% water. Your body loses approximately two quarts (64 ounces) of water per day through urination, perspiration, and even exhalation. The average adult can last as long as seven weeks without food, but not much more than five days without water!*

### **Water for Health and Healing for Life**

*Water, being the main lubricant in joints, helps prevent arthritis and back pain. Water increases efficiency of the immune system. Water prevents the clogging of arteries in*

*the heart and brain, thus reducing the risk of heart attack and stroke. Water is needed to efficiently manufacture neurotransmitters in the brain, including serotonin and melatonin (for hormones). It also improves our attention span, and can prevent attention deficit disorder (ADD). Water prevents memory loss as we age, reducing the risk of degenerative diseases such as Alzheimer's. Water also reduces the effects of aging, making our skin smoother and giving it a sparkling luster.*

### **Health Complications Caused by Dehydration**

*The following are just a few of the complications of dehydration: Arthritis and Joint Pain, High Blood Pressure, Digestion Problems.*

*We hope the information that we have provided will help you make some wise choices this summer to help keep you healthy and looking younger!*

### **Let Culligan help your family live a healthier lifestyle while going green.**

**May is National Drinking Water Month. To help us celebrate the month of May, Culligan is offering \$125.00 off the purchase of our Aqua-Clear Advance Drinking Water System or rent a system for \$10 per month for 6 months. These offers are good for the entire month of May. This system is an environmentally-friendly alternative to bottled water. It will provide your family with drinking water that's every bit equal to bottled water, at a much lower cost!**

**For information on a healthier lifestyle through water, contact your local Culligan office:**

**Culligan of Maquoketa 1-800-245-5170**

**Culligan of the Quad Cities 1-800-383-6088**

**Culligan of Washington 1-800-642-6344**

**Culligan of Burlington 1-800-798-5741**

**Culligan of Clinton 1-800-321-7638**

**Culligan of Coralville 1-888-466-9335**

**Any ideas for future articles of interest? Just contact [jerry@vetterculliganwater.com](mailto:jerry@vetterculliganwater.com)**