

## Water, Water Everywhere

How to Quench your Summer Thirst

We all know that we have to drink lots of water that our bodies need for hydration. But we also like to drink things for fun, flavor or for certain effects like added electrolytes. What our bodies truly **don't** need are the artificial ingredients such as food colors, flavors, preservatives and sweeteners found in many beverages such as flavored waters, iced teas and more. You truly have to watch out for the high fructose corn syrup, sodium benzoate, or sucralose. Do you really want ingredients that could lead to cancer in your body?

These ingredients cause many health issues that can be easily avoided by following these simple guidelines.

1. Drink 8oz of room temperature water first thing in the morning
2. Drink ½ cup of water for every hour you are awake
3. Or you could take your weight, divide it in half and drink that much water in ounces per day.
4. Follow some of these tips below and have fun

	Don't reach for.....	When instead you could.....	Why (besides saving \$\$\$)
1	Flavored Water	Add flavor naturally to still or sparkling water with a squirt of fresh lemon or lime, a piece of mint or two tablespoons of pure organic juice	Avoid the artificial which destroy brain cells and get a few plant nutrients
2	Single-serve bottles of water	Use refillable stainless steel bottles and a install a water filter in your house. Call <i>Todd Buckman at Reliable Water Systems</i> for a free water test at 410-739-8157	Buying single-use bottles is really bad for the environment also plastic leaches into the water when heated; who wants plastic floating around in their bodies?
3	Bottled iced tea	Brew your own iced tea with your favorite black or herbal tea; add fruit or fruit juice if you want	You control the ingredients and make it just the way you like it
4	Single-serve bottles of lemonade	Make lemonade or limeade using real fruit or organic bottled lemon or lime juice and lightly sweeten with small amounts of stevia, agave nectar or raw honey	No artificial ingredients and why not cut back on extra sugar where you can?
5	Conventional soda pop	Try Zevia, a natural soda sweetened with stevia. Try it, you might like it!	No high-fructose corn syrup, which addicts you to sugar, or artificial anything.
6	Juice drinks	Dilute 100% organic juice with water to drink over ice or to stretch smoothies. One part juice, five parts water	Real juice has real nutrients; dilute to watch naturally occurring sugar consumption
7	Single-serve drinks with artificial sweeteners	Add stevia, agave nectar, raw honey or maple syrup to your homemade beverages if you like a bit of sweet without the useless calories	There's no need to go artificial when nature provides a solution
8	Artificially flavored beverages	Shop the sales for fresh fruit and puree yourself in your Vitamix for flavored teas, smoothies and cocktails; freeze the left-overs	Take advantage of the benefits of feeding your body real fruit, the gifts from Mother Nature
9	One bottle at a time	Get the discount, buy a case at a time	This one's all about the money
10	Straight juice, straight up drinks or martinis	Make "on the rocks" your mantra to stretch any and every drink	Your budget and your body will appreciate the water