

# Water v. Coca-Cola

**WATER: We all know that water is important but I've never seen it written down like this before.**

**Dieting** - 75% of Americans are chronically dehydrated, likely applies to half the world population. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. Even MILD dehydration will slow down one's metabolism as much as 3%. One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.

**Energy** - Lack of water, the #1 trigger of daytime fatigue. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back pain and joint pain for up to 80% of sufferers.

**Pain** - Water can significantly ease back and joint pain for up to 80% of sufferers.

**Memory** - A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

**Cancer** - Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

**Are you drinking the amount of water you should every day?**

**PLEASE NOTE:** Drink only purified water! Chlorine, pesticides, fluoride and other chemicals that can be found in much of the unpurified water is NOT HEALTHY!

**COCA-COLA: No wonder coke tastes so good...**

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coke into the toilet bowl and.....Let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of Reynolds Wrap aluminum foil dipped in Coke.
5. To clean corrosion from car battery terminals: Pour a can of Coke over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Applying a cloth soaked in Coke to the rusted bolt for several minutes.
7. To remove grease from clothes: Empty a can of Coke into a load of greasy clothes, add detergent and run through a regular cycle. The Coke will help loosen grease stains. It will also clean road haze from your windshield.

**FYI:**

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days.
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material placards reserved for highly corrosive materials.
3. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

**Still Want To Drink Up???**