



### The Miracle Drink That Will Improve Your Health...Distilled Water

Real water (H2O) contains minerals, not vitamins. Furthermore, water is not colored. Vitaminwater is colored with food coloring that is made with chemicals. Consumers are digesting chemicals with the understanding that they are obtaining nutritious vitamins. The vitamins in Vitaminwater are inorganic. This means your body is not digesting and assimilating the synthetic vitamins in this toxic beverage because the human body is organic. Vitaminwater is not a healthy alternative to normal water. While it may contain some beneficial herbs, it also contains inorganic nutrients that the body cannot absorb. Try taking vitamins derived from living food sources with good water containing alkaline or antioxidants. This would be



whoever drinks of the water I give will never thirst. [John 4:14]



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# A WHOLE LOTTA' WATTA!

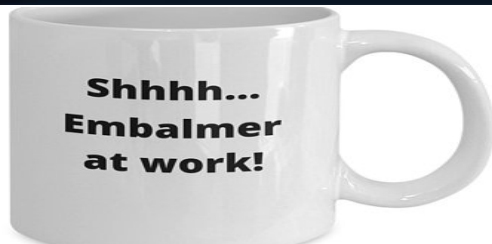
## Is There a Stink in the Drink?

**Do you really know what you're really drinking?**

Some people don't like water because it doesn't taste like their favorite soda. Well, the body doesn't need that soda to function, but it does require water to keep you alive. If you aren't regularly consuming water, your organs have to pull water from other parts of the body, which can induce dehydration, headaches, muscle aches, blotchy skin, or poor digestion. **ATTENTION: SODA, COFFEE, TEA, JUICE, ENERGY DRINKS, & ALCOHOLIC BEVERAGES DO NOT HYDRATE YOU. THAT IS WATER'S JOB.**

There is no such thing as Vitaminwater found in Nature, therefore it is not intended for human consumption. It exploits people's understanding that they are vitamin deficient. By drinking Vitaminwater, you are doing more harm than good to your overall health. The flavors are named with empowering words such as "endurance", "essential", "focus" and "energy". This product deceives people into thinking that they are consuming nutrients, when in reality, they are consuming inorganic and unnatural ingredients that the body cannot use. The electrolytes in the beverage such as monopotassium phosphate, dipotassium phosphate, magnesium lactate, and calcium lactate are all from inorganic sources. They will not and do not help your body. Giving the real body fake or synthetic substances will not work. Most people think that your body does not know the difference, but it will.

**Turning Poop into Drinking Water** Has Bill Gates lost his mind? Drinking poop?! Not exactly. Last week, under the headline “How to turn poop into drinking water,” Bill Gates posted a video on his blog showing him drinking water that had just been created from sewage. Now working with a company called Janicki Bioenergy, Gates continues to fund the program that built this sewage treatment machine able to transform human waste and sewage into drinkable water.



“I watched the piles of feces go up the conveyor belt and drop into a large bin. They made their way through the machine, getting boiled and treated. A few minutes later I took a long taste of the end result: a glass of delicious drinking water. The water tasted as good as any I’ve had out of a bottle. And having studied the engineering behind it, I would happily drink it every day. It’s that safe.”



## Do I Need To Drink More Water?

If you have to ask...the answer is yes. In all seriousness, the body loses water when you breathe, sweat, digest, and urinate.

Additionally, about two-thirds of the body is made up of water, and blood consists of a little more than 90% water. If that doesn't convince you to constantly replenish your body with water, maybe the following benefits will.

- Better Digestion
- Boost Energy Levels
- Promote Weight Loss
- Flush Toxins
- Relieve Constipation
- Boost The Immune System
- Get Rid Of Headaches
- Improve Kidney Health
- Healthy Skin



### Forms Mucus And Saliva:

Saliva is necessary for digesting food and moistening the eyes, nose, and mouth, preventing any friction or damage. By drinking water, you assist with maintaining oral hygiene, which can be jeopardized by consuming sugary or alcoholic beverages. **Effects**

### On Brain Health:

The health of your brain is also influenced by the amount of water you drink. Research has shown that mild dehydration can impair one's ability to concentrate, affect overall mood, and increase the frequency of headaches. Normal fluid loss of 1-3% can occur by going about daily activities, but these numbers can increase during exercise. One study found that fluid loss of 1.59% in young men induced feelings of anxiety and fatigue.