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# The Need for Good Water Or Water the simplest Solution

- It is estimated that at least 75% of Americans are dehydrated to such a degree that it affects their health in a negative way. In many this need from more water is misunderstood as hunger pains.

- The catch is that virtually everyone in the U.S. has one or more toxic chemicals lodged in fatty tissue from drinking treated tap water.

In the U.S., 53 million Americans drink water from municipal water supplies containing potentially dangerous levels of chloro- and fluoro-chemicals, lead, fecal bacteria, as well as pesticides and other impurities associated with cancer and metabolic dysfunction.

- Your body consists mainly of water (on average about 70%). Your liver, for example, is about 90% water, brain 85%, blood 83% and even the bones 35%.
- In a University of Washington study, drinking one glass of water when feeling hungry stopped the hunger pangs in 98% of the dieters surveyed.
- The main cause of daytime fatigue is simply a lack of water.
- Research shows that about 8-10 glasses of water a day may significantly ease back pain and joint pain for up to 80% of sufferers.
- If the average person drank at least 5 glasses of water a day (plain water not mixed) the risk of getting breast cancer is decreased by 79%, colon cancer by 45% and bladder cancer by 50%.
- A person's minimal water requirements is half their body weight in ounces. For instance, a 200 pound person should drink at least 100