

*"Acts as an appetite suppressant; is a proven aid in metabolizing fat; eliminates water retention by diluting sodium levels within the body; has a vital role in the digestive system and improves waste removal; and increases the efficiency of the cardiovascular system."*

- The United States uses 1,300 gallons of water per person, per day primarily for agricultural purposes. That's three times the average daily amount per capital consumption of European countries.

- The average family of four uses an estimated 346 gallons of water each day including eight gallons for drinking and cooking.

Americans consume 2.5 billion gallons of bottled water per year even though tap water only costs about one penny per 180 glasses.

- Our brain is about 90 percent water, muscles are 75 percent, blood 85 percent; the liver is 69 percent, and even bones are 22 percent.

- Our internal thirst mechanism, the hypothalamus, is not very efficient. By the time we feel thirsty, our body's fluids have already dropped too low. We need to plan ahead for water consumption. It's even more important for pregnant women and seniors to drink regular doses of water. Pregnant women drink for two—the baby needs fluids—and drinking water will help keep swelling and water weight gain down during pregnancy. Elderly people need to make a habit of drinking more water because the hypothalamus deteriorates with age.

- *Courtesy of Culligan Water Technologies Inc*