

Jeni's Health & Fitness Tips

To view previous newsletters go to www.advancedhealthnfitness.com.au Issue 31/Oct. 2007

Hi Everyone!

Health professionals recommend that we drink 2 litres of water each day. One study I read suggested that men need about 3 litres and women about 2 ¼ litres. Water is necessary for flushing out body wastes and eliminating toxins from the bloodstream. Regular intake of water is a good idea, as we often do not notice the signals of mild dehydration until it has already occurred.

Which is better; bottled, tap or filtered water? They all have their pluses and minuses. Natural, catchment and underground water contains minerals and higher levels of oxygen. These are often lost when water is transferred through pipes and filtered at treatment stations. Chemicals are added to the water to make it safe to drink before it comes to our homes. But how many of us have access to natural spring water without interference? The pH balance of the water you drink is also a factor. Ideally it should be between 6.4 and 7.00. If the body's pH becomes acidic it becomes harder to properly take in nutrients such as minerals and vitamins. Water with a pH balance of more than 8 should be avoided.

Sydney water usually sends out a water analysis report, specific to each dam, with their water bill. This is also posted on their website. You can check the mineral content of your tap water. Chlorine and fluoride are added to Sydney **tap water**.

If you use a **water filter** at home it must be changed regularly otherwise it may be worse than water straight from the tap. If your filter takes out trace minerals you may be missing out and need to consider taking a trace mineral supplement. There are numerous filters on the market with varying end results. If you are choosing a filter, look for one that meets the appropriate standard such as AS/NZS4343 or ANZI/NF53. 1 micron or smaller filter is necessary to remove Cryptosporidium and Giardia. Units that incorporate boiling, distillation or reverse osmosis are also satisfactory.

Although **rain water** is usually of good quality, water collected in rain water tanks is not recommended for drinking as it can contain contaminants from roofs such as pesticides, lead flashing and emissions from motor vehicles and aircraft. Tanks are seldom cleaned and sludge can accumulate at the bottom of the tank. If you can collect rainwater in hygienic conditions then it would be good to drink.

Bottled water varies depending upon the source. Some have very little mineral content and are mostly acidic. Alkaline water from a natural source that contains high amounts of minerals is beneficial for health. So before purchasing check the label for acidity and mineral content. An Australian Consumers Association survey found high levels of bacteria in most brands of bottled water tested but the study concluded that these bacteria were not capable of causing illness. Bulk water was considered less safe than water sold in smaller bottles and most consumers were not aware of the need to keep water cold. The survey concluded that in many respects bottled water was not found to be any better than tap water in urban areas.

So, in the absence of our own personal clean spring water source, we need to choose from one of the above options. Whichever you choose, do try and drink 2 litres of water each day. It is really beneficial for your health and makes your skin look great. It also contains no calories!

Yours in health,

Jeni

www.advancedhealthnfitness.com.au