

Did You Know That.....



75% of people are chronically dehydrated.

One glass of water can shut down midnight hunger pangs.

A **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.

Drinking 5 glasses of water daily **decreases the risk** of colon cancer by 45%, the risk of breast cancer by 79%, and the risk of bladder cancer by 50%.

Aside from aiding in digestion and absorption of food, water regulates body temperature and blood circulation, carries nutrients and oxygen to cells, and removes toxins and other wastes.

- In many states, the highway patrol carries several 2-liter bottles of soda in the trunk of their vehicles to remove blood from the highway after a car accident.
- You can put a T-bone steak in a bowl of soda pop, and it will be gone in 2 days.
- Soda pop helps bubble away the corrosion found on car battery terminals.
- In order for a commercial truck to carry the syrup to make soda pop, the truck must have hazardous material place cards displayed on their vehicles. These warning signs are required for highly corrosive materials.



When it comes to drinking soda pop, the caffeine found in the soda pop tends to stimulate your glands and act as a diuretic, robbing your body of necessary water. Soft drinks also contain sodium and phosphorus, which can lead to depletion of bone calcium. These types of beverages may tax the body more than they cleanse it. Each time you reach for a soft drink just think that a 12-ounce can of regular soda contains the equivalent of 9 teaspoons of sugar and loads of empty calories.