

# WATER OR COKE

I found this information in a chiropractor's office and thought it would be of interest to some of our readers.

## Water

- ✓ 75% of Americans are chronically dehydrated
- ✓ in 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger
- ✓ Even mild dehydration will slow down one's metabolism as much as 3%.
- ✓ one glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in the University of Washington study.
- ✓ lack of water is the number one trigger of headaches and daytime fatigue.
- ✓ Preliminary research indicated that 8-10 glasses of water a day could
- ✓ significantly ease back and joint pain for up to 80% of sufferers.
- ✓ a mere 2% drop in body water can trigger fuzzy short term memory trouble with basic math and focusing on printed page.
- ✓ Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79% and one is 50% less likely to develop bladder cancer.

## Now for the properties of COKE-

- ✓ In many states (in the USA) the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
- ✓ You can put a T-bone steak in a bowl of coke and it will be gone in two days.
- ✓ To clean a toilet, pour a can of Coca Cola into the toilet bowl and let the “real thing” sit for one hour then flush clean. The citric acid in Coke removes stains from Vitreous China
- ✓ To remove rust spots from chrome car bumper, rub the bumper with a crumbled up piece of Reynolds Wrap aluminum foil dipped in Coke.
- ✓ To clean corrosion from car battery terminals; pour a can of Coke over the terminals to bubble away the corrosion.
- ✓ To loosen a rusted bolt, apply a cloth soaked in Coke to the rusted bolt for several minutes.
- ✓ To bake a moist ham, empty a can of Coke into the baking pan, wrap the ham in aluminum foil and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for sumptuous gravy.
- ✓ To remove grease from clothes, empty a can of Coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coke will help loosen grease stains.

## **For your information-**

- ✓ The active ingredient in Coke is phosphoric acid. Its PH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
- ✓ carry Coca Cola syrup (the concentrate) the commercial truck must use the Hazardous materials placards reserved for highly corrosive materials.
- ✓ The distributors of Coke have been using it to clean the engines of their trucks for about 20 years.

Now the question is, would you like a Coke or a glass of water?

Have a great day and share with others.

## **From M.H.**

**Personally I believe humans get the water we need from breathing air. Humans cannot tolerate dry air very long. Our Kidneys are created to handle about 1 quart of fluid per day; “IF” you drink the juices of sweet tree fruits, you will get all your water in the proper ration of minerals and sugars in organic (usable) form.**

**On very hot days, sure you can drink 1 gallon of juice if you need to. After drinking sweet tree juice for 30 years, I can go months, even a year with not drinking a glass of water. If you raise children on sweet tree fruit juices, they will naturally not like water.**

**When you take a shower or bath, you will absorb all the water you need. I personally watched people I worked with for 30 years, literally destroy the health and become obese on diet coke when it came out. The diet pops are 10x worse than non diet in my opinion.**