

Premium Blend

Newsletter

The most important nutrient your body will ever need

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Most of us take it for granted that we have access to safe, pathogen-free water everyday at minimal effort. But how many of us actually take advantage of this fact to achieve optimal well-being?

Everyone knows we are made up of more than 60% water and that we can only survive a matter of days without it. But what happens when we optimise our daily intake is a remarkable balancing of all body systems. This is indeed the easiest way to improve your overall health.



Did you know that just a 5 percent drop in body fluids can cause a 25 to 30 percent loss of energy? This is phenomenal when you consider how easy it is to prevent.

Your body relies on clean water to perform its essential functions, such as digestion, temperature and blood regulation, breathing, and daily detoxification.

Its ability to flush out toxins and properly assimilate nutrients depends heavily on an abundant intake of clean, pollutant-free water. As stress, toxins, and pollutants go up, the more water it needs to deal with these stressors.

Interestingly, the amount and quality of the water your body ingests has a big impact on its ability to burn fat and maintain healthy metabolism. Feeling sluggish and finding it hard to shift extra weight? Drink more water!

How much water is enough?

An easy way to know is to use the colour of your urine as a guide. When it is close to colourless, you are more than likely well hydrated. Caution: if you are taking a multivitamin or B-vitamin with riboflavin in it your urine may be bright/fluoro yellow constantly as the excess vitamin is excreted.

Another easy way is to multiply your body weight by 0.03. For example a 70 kg person would require around 2 litres of water per day.

Why bother about the type of water I drink?

There are a number of reasons to consume the cleanest water you can. Firstly you don't want impurities entering your body and then relying on your system to become like the filtration system and have to remove these harmful substances. Because in reality, your body can only do so much, it has a limit with how much it's able to keep compensating for lower quality water entering your system.

Secondly, the city water supply is loaded with harmful things, some of them added on purpose, and others not. The first one is fluoride, and there has been a whole multitude of studies to show that this can become a significant problem to our health. To learn more about this, go to Mercola.com and search 'fluoride'. The benefits of fluoride for oral health appear to be largely topical and simply do not need to be ingested to be of benefit.

The next main additive you'll want to remove from your water is chlorine. Now chlorine is an interesting one because it has been added to the water to prevent water-borne disease. It ensures that our city water supply remains free from overgrowths of bacteria and parasites, however this greater good comes at a cost.

The problem occurs when we consume the clean and bacteria-free water that still has the chlorine in it. Chlorine tends to lower the numbers of the beneficial bacteria in our gut which is a big cause for concern for overall health. Also, when water containing chlorine comes into contact with organic chemicals it produces harmful substances called chlorine by-products which do our health no favours and have been implicated as carcinogens.

Interestingly, chlorine and it's by-products are volatile meaning that they evaporate. This has a few positive and negative effects:

- water left sitting for around 30 minutes (e.g a glass of tap water at a restaurant) will evaporate off the harmful chlorine.
- likewise those volatile chemicals will become part of the air supply in your home due to open water in your toilets. Therefore it is a good idea to open your windows periodically to exhaust out these gases.
- a 10 minute hot shower will give as much chlorine and chlorine by-products to your system (absorption through skin) as drinking almost 4 litres of the same water!

This last fact is why we strongly recommend filtering your showers as the first priority. There are a few products on the market which you can retrofit to your shower head, or better still, filter your whole house to receive even more protection.

I have been lucky enough to learn about this recently before building my new home so we have installed both a whole-house filter which filters everything coming into the home and also a separate filter and UV light to our rainwater for drinking.

One of the common choices for clean and fresh water is bottled water. We are discovering more and more about the harmful effects of the plastics that the water is stored in. So we don't generally recommend bottled water on a long-term basis.

A very common problem we see a lot of here at Premium Health is the occurrence of low-grade, chronic gut parasitic infection. There are various water-born parasites (such as Giardia and Cryptosporidia) that can be found pervasively in all of Adelaide's and Australia's water supply. They are in low numbers and won't usually cause distinct severe symptoms such as those of "Bali Belly", but in prone individuals will cause low-grade symptoms such as bloating and fluctuating diarrhea or constipation. These infections cause disruptions to the body's overall health in myriad ways by slowly overloading the detoxification pathways and inhibiting proper digestion and absorption. Protection against parasitic infection involves using small micron filters with the addition of a UV light.

How should I filter my water?

Ideally you'll want some kind of filtration system for all of your water. If at all possible, you'll want to filter a clean and safe rainwater source. Now there are couple of ways you can go about this. By far the most complete filtration system would be a reverse osmosis filter. Typically adding in a few pinches of Himalayan salt is all that's necessary to replace the lost electrolytes from the filtration process.

Or alternatively you can use a carbon-based system. Now if you're filtering rainwater I always recommend using a UV light as part of the filter to ensure any of the potential pathogens are killed. Also, in a carbon-based system you'll want to seek out and use the absolute smallest particle size filter you can find, something below 0.5 micron is ideal.

Another thing to look out for are filters that have two-stages - meaning that it has two cartridges. These filters will be much more efficient than those with only one-stage.

Useful tips

- Only use Glass or Stainless Steel bottles
- Bring plenty with you to work, school or any time you're away from your filter
- Always have your bottle or a glass close by
- Develop a healthy habit of sipping throughout the day
- Drink a full glass first thing in the morning, add a lemon slice
- Don't stop drinking just because the weather is cooler and you feel less thirsty

Remember that **any** filter is better than no filter, so if you can't afford a full system or it's too impractical to install a whole-house unit, even a small Brita filter is fine. Something is better than nothing. But if you were going to install just one filter, then the shower is actually the most important, due to the high quantities of the volatile chlorine by-products entering your body.



For more information on high quality filtration for your home or office contact Michael at Waterpro in Stepney on 08 8363 6050 or contact sales@waterpro.com.au.

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