

Your water, your body, your life

By Peggy Baker

Water. It's the basis of life as we know it. The body is over 70 percent fluid or living body water. It plays a role in all bodily functions, and consuming adequate water is a deciding factor between wellness and sickness. The following are just a few of the known benefits of adequate water consumption. Drinking about half your body weight in ounces is beneficial for:

- Decreased back pain
- Control hypertension
- Reduce chronic pain
- Minimize the symptoms of arthritis
- Eliminate the occurrence/severity of headaches
- Lessen effects of asthma

The quality of our water has a tremendous impact on our health. Regular tap water may contain chlorine, heavy metals, environmental estrogens and other toxins that can cause damage to cells, tissues and organs.

Many people believe bottled water is better than drinking some tap water or well water. Bottled water consumption, which has more than doubled

Neighbor to Neighbor

globally in the last six years, is heavily taxing the world's ecosystem, according to a new US study. "Even in areas where tap water is safe to drink, demand for bottled water is increasing, producing unnecessary garbage and consuming vast quantities of energy," according to Emily Arnold, author of the study published by the Earth Policy Institute, a Washington-based environmental group. At as much as \$2.50 per liter (\$10 per gallon), bottled water costs more than gasoline, says the study. The US, the largest consumer of bottled water, drank 26 billion liters in 2004. Bisphenol A (BPA) is in water bottles, polycarbonate plastic baby bottles, large water-cooling containers, sports bottles, canned food liners, and micro-wave oven dishes. The problem with BPA is that it doesn't stay in the plastic, it leeches into foods or liquids. Many scientists believe that the estrogen-like compound of BPA contributes to uterine damage, structural brain damage, and cancer.

Everyone wants water that tastes



better, that is good for them and that they can drink everyday, to supply the water that their bodies need.

Pi water is sometimes called a natural miracle. Derived from a stream between two hills in a small town in Japan, which includes minerals called magnetite, calcium compounds and

silicates that form natural crystals, scientists discovered that this water had amazing results on surrounding plants. These discoveries are incorporated in Nikken PiMag products today. This water technology includes multiple levels of filtration, without chemicals; special ceramics are added to substitute for the effects of the mountains of minerals. An additional component produces a magnetic field. Magnetic water is more solvent and has a lower surface tension, so nutrients in the water are absorbed more readily. More energy infuses into the body. These filtration components remove chlorine, heavy metals, THM's, and bacteria to 0.1 micron. It adds trace minerals and makes the water more alkaline pH (which deters disease and cancer), adds FIR energy (wavelength of life), and cleanses and hydrates the body and it's cells. PiMag water meets or exceeds the national ANSI/NSF standards 42 and 53 and has been certified by the Water Quality Association as a Gold Seal Product.

Peggy Baker, RN, MPH, is a distributor of Nikken products. For more information email peg4bells@yahoo.com or call 919.619.2839.

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their BEST.

Coloring outside the lines and massaging of the law to serve the narrow interests of the powerful few is a common plot to a story line that is played out like a daily soap opera across the Triangle, state, nation and globe. More often than not the power of wealth and influence is able to pull all the right strings and orchestrate the political/governmental dance. How utterly refreshing and inspiring it is to behold public

servants with decision making powers who will step in to break up the dance party by upholding the spirit of the law at its BEST.

Durham County Commissioners Heron, Howerton and Reckow put on their flak jackets of late to defend not only an imperiled body of water, but a due process of law that also needed some "shoring" up. Whether we live on this side of the Chatham County Line or the other, we all owe the "Durham 3" a pat on the back for their gutsy and conscientious call. We await with great interest and concern to see how the final chapter of this

story plays out. As goes Jordan Lake, so goes Chatham's primary water supply.

Gary Simpson is a Pittsboro resident who is active in a variety of civic and cultural organizations.

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