

## **Medical Facts about drinking clean water**

Tap water contains trace amounts of heavy metals (like lead, mercury and aluminum), carcinogenic chemicals (including chlorine, fluorine, industrial chemicals, and pharmaceutical drugs), agricultural pesticides and pathogenic microorganisms (like E. coli, Giardia and Cryptosporidium). Rarely do these levels exceed the (WHO) World Health Organisations minimum guidelines, but they are present nonetheless in minute amounts. In most cases, it is impossible to completely remove these dangerous contaminants from tap water. Thus, the WHO has established "minimum" contamination level standards knowing full well that if a "zero" contamination level were established, no city water utility system could remain in business. What we do not know is what the long-term physiological side effects will be after drinking such water day after day. Laboratory research indicates that prolonged exposure to many chemicals, compounds, and toxic metals found in drinking water can build up within the body and its organs and cause severe immune disorders and even birth defects. What's in YOUR water?

## **Benefits of drinking clean water**

One of the benefits of drinking clean water is that adequate hydration has a huge impact on your immune system. Clean Water helps all of your body's systems function at optimum levels. Drinking plenty of clean water flushes toxins and ensures that your cells get all of the oxygen they need to function as they were meant to. Here's how drinking water affects your immune system.

### **1.Clean Water Oxygenates Your Blood and Flushes Toxins**

Drinking plenty of clean water ensures that your blood will carry plenty of oxygen to all the cells of your body. This means that all of your body's systems will function adequately, because they'll be getting plenty of oxygen. Your immune system functions best when your muscles and organs are functioning best.

Clean water allows your kidneys to remove toxins from your body. It allows your cells to take in nutrients, and it also allows them to expel waste products. If you don't drink enough clean water, toxins will build up, weakening your immune system.

## **2.Clean Water Helps in the Production of Lymph**

Your body's immune system uses lymph to circulate white blood cells and nutrients to all of the body's tissues. Lymph fulfills the following functions in your body:

- It carries water and nutrients to the blood, and through the blood, to the cells of the body.
- It carries white blood cells and other immune system cells from the thymus and the bone marrow, throughout the body.
- It removes toxins from the blood.

Your body needs clean water in order to produce lymph. Without lymph, your white blood cells and other immune cells would not be able to travel throughout the body to fight disease.

## **3.Clean Water Keeps Your Eyes and Mouth Clean**

Drinking clean water ensures that your eyes and mouth will remain as moist as they need to be. Drinking water allows your eyes and mouth to repel dirt, dust and parasites that might cause infection.

## **4.Clean Water Helps You Digest Your Food**

You need adequate nutrition to maintain a strong immune system. One of the benefits of drinking plenty of clean water is that it keeps your digestive system strong so that you can properly digest your food. If you don't drink enough clean water, you could become constipated, or develop even more severe digestive problems.

Drinking plenty of clean water also ensures that your cells will get adequate nutrition from your blood.

## **5.Clean Water Prevents and Treats Common Chronic Ailments**

Drinking plenty of clean water helps keep you healthy in the long term. A surprising number of illnesses can be treated or prevented simply by drinking eight to ten glasses of clean water a day. They include:

- Arthritis and joint problems, since drinking clean water helps lubricate the joints.
- Depression, since without adequate amounts of clean water your brain can't produce enough serotonin.
- Insomnia, since your brain needs clean water to produce melatonin.
- Leukemia and lymphoma, since drinking plenty of clean water ensures that your body produces adequate amounts of blood cells and immune cells, and that they circulate appropriately.

## Are there benefits to health drinking Atmospheric water?

Through our numerous filtration processes, the Atmospheric Water Generator produces the purest, high quality drinking water available today. The water produced is not only pure and free of any water contaminants, but also beneficial to your health.

Water from Atmospheric Water Generator provides the following overall benefits to the consumers:

- ① Clean and pure, processes of multi filtration, RO, and UV treatment ultimately eliminate hazards caused by viruses, bacteria, pesticides and heavy metal contaminants.
- ② Rich oxygen contained in the water improves metabolism of your body.
- ③ Rich tiny H<sub>2</sub>O molecular groups can easily penetrate body cells, thus improve overall human body metabolism.

Disclaimer: Drink plenty of water, but avoid bottled water when you can. It pollutes the environment and is often nothing more than tap water. When you must, choose brands with high scores (clear labeling), advanced treatment and low TDS (Total Dissolved Solids). A TDS below 10ppm (parts per million) indicates extreme filtration which has removed almost all inorganic solids such as salt (sodium & iodine).

