



# learn to be a heavy drinker

Got water? You're going to need it... and lots of it! Here's why:

- Drinking enough water each day reduces the risk of breast cancer by 79%<sup>1</sup> and the risk of colon cancer by 45%.<sup>2</sup>
- Even mild dehydration contributes to fatigue, exhaustion, anxiety, muscle weakness and reduced brain function.<sup>3</sup>
- An average adult loses 10 cups of water each day through urination, perspiration and respiration.<sup>4</sup>
- More than 1/3 of all Americans are chronically dehydrated.<sup>5</sup>
- Over 60% of your body mass is water.

1 Center for Human Nutrition at the University of Sheffield, England

2 Fred Hutchinson Cancer Research Center in Seattle

3 "Liquid Assets" by Rachel Rabkin, *Vegetarian Times* August, 2000

4 Archives of Environmental Health (January/February 1988)

5 Susan Kleiner, Ph.D., R.D., *Power Eating* (Human Kinetics, 1998)

Learn to drink responsibly. Get at least eight glasses of fresh, clean water everyday!

For more information about your drinking water resources, give us a call:

