

Water v Coke

WATER

- #1. 75% of Americans are chronically dehydrated. (Likely applies to half the world population.)
- #2. In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
- #3. Even MILD dehydration will **slow metabolism by 3%**.
- #4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- #5. Lack of water, is the **#1 trigger of daytime fatigue**.
- #6. Preliminary research indicates that 8-10 glasses of water a day could **significantly ease back and joint pain** for up to 80% of sufferers.
- #7. A mere 2% drop in body water can trigger **fuzzy short-term memory, trouble with basic math, and difficulty focusing** on the computer screen or on a printed page.
- #8. 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. **Are you drinking the amount of water you should drink every day?**

COKE

- #1. In many states the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
- #2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
- #3. 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.
- #4. To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of aluminium foil dipped in Coca-Cola.
- #5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
- #6. To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
- #8... To remove grease from clothes: Empty a can of Coke into the load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your wind screen.

FOR YOUR INFORMATION:

- #1. The active ingredient in Coke is phosphoric acid. It will dissolve a nail in about four days. Phosphoric acid also leaches calcium from bones and is a **major contributor to the rising increase of osteoporosis**.
- #2. To transport Coca-Cola syrup (the concentrate) commercial vehicles must use Hazardous Material notices reserved for the transport of highly corrosive materials.
- #3. 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 glass of water or Coke?