

# WOW! Words on water from local water expert

by your local Culligan lady & neighbour, Debra McIlvenna

Health Canada estimates unsafe drinking water causes 90,000 illnesses every year. News headlines warning of contaminants and pesticides in tap water have stirred controversy and confusion.

Canadians are also learning that water in single disposable plastic bottles isn't an environmentally friendly solution to their drinking water concerns.

Reverse Osmosis, often referred to as RO, is an advanced water purification method that was initially developed by the U.S. Navy to produce drinking water from sea water. It is a membrane technology that works by forcing water under

pressure through the very tiny pores of a semi-permeable membrane. Modern RO units for the home are regarded as one of the most efficient and effective ways to reduce impurities.

Did you know that your body is made up of 72% water? As such it is vital to every process in the body and cleanses the body of toxins that affect our well being. To maintain a healthy level you should drink 8-10 glasses each and every day.

Reverse Osmosis water complements any weight loss program as there are no excess mineral salts like in ordinary tap water. It is also recommended for cook-

ing, juices and mixes, as well as for coffee, tea and ice cubes. People concerned about low sodium diet and baby formula to name a few would benefit from RO water.

Reverse Osmosis water costs just pennies a day, does not require additional energy to produce and provides clean, pure water that tastes great!

One of the most wonderful things an entire family can enjoy is quality drinking water. Imagine great tasting, healthy water right from your own faucet. You will find so many uses for high quality water when it is available right at your fingertips.



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