

Hydrate with double the value



(NC)—Quenching thirst is the primary objective when drinking water – and our body constantly reminds us to keep on hydrating.

To sustain life, humans must replace approximately 2 litres of water each and every day, so why not do it with a bonus, nutritionists say? Drinking water is the ideal time to give your body many of the essential minerals it can't produce.

"The better mineral waters available will give you magnesium, calcium, sodium, potassium, hydrogen carbonate and sulphate, plus numerous trace elements to strengthen and revitalize important body function," says Joern Koehnenkamp, a director at one of the leading brands, Apollinaris. "The human body doesn't produce such minerals so it relies on the fuel of food and drink to deliver them. Magnesium and potassium, for example, are vital for strong muscles, bones, and good heart health—and without sufficient calcium our skeleton would soon become brittle and break. It's interesting to note that when minerals are in water the body absorbs them more easily—and so, if we need to drink water every day anyway, why not do it with double the health benefits?"

Water choices

Scientists are right to say that water is water (two hydrogen molecules plus one oxygen molecule) but dieticians generally agree that not all water is alike. Koehnenkamp suggests that we read bottle labels and learn more about such terms as mineral, distilled, purified, spa, re-mineralized and others.

"Europe is a region-of-plenty when it comes to natural spring waters," Koehnenkamp continued. "At the Apollinaris spring in Germany, for example, a gently sparkling character is created as rainwater filters for decades through various layers of stone, gravel and sand. The water collects at a depth of about 200 metres, where it is largely protected from environmental activity.

This process has produced a well-balanced mineral content with soft taste and carbonization, making it an extremely refreshing and healthy drink. As early as 1879, the British Medical Journal called Apollinaris "the queen of table waters" and by 1900, it was selling 27 million bottles worldwide.

Natural carbonation also has a special ability to extract greater amounts of mineral nutrients from the layers of stone, Koehnenkamp explained. "This is why 63 per cent of Europeans say they prefer a carbonated mineral water with their meals, as a refresher, or blended with juices in a favourite drink."

As well, carbonation serves another purpose during meals. It is alkaline and therefore neutralizes acids. So with sips of a sparkling mineral water throughout any feast, big or small, the food becomes tastier as the palate cleanses; the coffee is less acidic and more flavourful; and the wine can be enjoyed for its special enhancement without distorting its flavour and bouquet.

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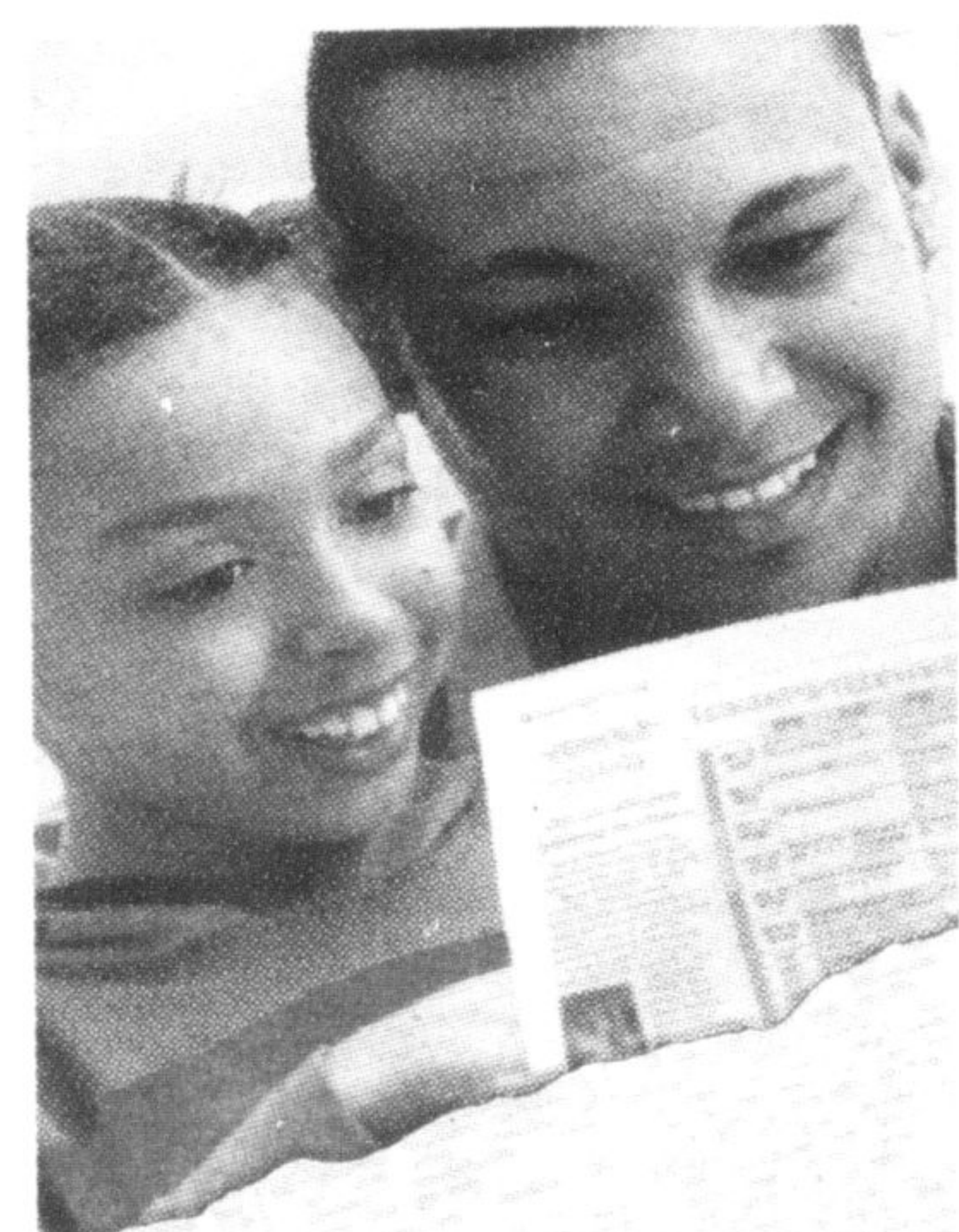


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